



URMI 2019



**Coast Guard Wives Welfare Association
25 Illustrious Years**



Mrs Priya Paramesh (President Tatrakshika East), Mrs Deepa Pal (President Tatrakshika NW), Mrs Neela Pathania (President Tatrakshika Eastern Seaboard)
Mrs Sunita Nautiyal (vice-President Tatrakshika), Mrs Jayanthi Natarajan (President Tatrakshika), Mrs Chitra Chafekar (President Tatrakshika Western Seaboard),
Mrs Nidhi Bargotra (President Tatrakshika North East), Mrs Mohita Pathak (President Tatrakshika A & N)

तटरक्षिका गीत



हम हैं, संग हैं, हम हैं।
हम हैं, संग हैं, हम हैं।
मिला कर चले जो कदम से कदम
भारत के जांबाज तटरक्षकों के संग
हम हैं संग, हम हैं संग, हम हैं संग, हम हैं संग
हम हैं संग, हम हैं संग, हम हैं संग, हम हैं संग॥

वो तटरक्षिका हैं हम,
तटरक्षकों के संग हैं हम
हरी —भरी धरा को अब,
मिल—जुल कर देंगे प्रगति का रंग
मिल—जुल कर देंगे प्रगति का रंग
तटरक्षिका हैं हम
तटरक्षकों के संग हैं हम।
तटरक्षिका हैं हम
तटरक्षकों के संग हैं हम।
ठाना है हमने, करेंगे नव निर्माण
करेंगे नव निर्माण
दिलाएंगे हर नारी को नई पहचान
विद्या की रोशनी से चमकाते जहां
स्वस्थ, स्वच्छ भारत का सपना पूरा हो यहां

तटरक्षिका हैं हम
तटरक्षकों के संग हैं हम।
तटरक्षिका हैं हम
तटरक्षकों के संग हैं हम।

बुलंद हौसलों से, उन्नति सुबहो शाम
उन्नति सुबहो शाम

सशक्त तटरक्षकों का फैलाएं पैगाम
जननी भी हम, संगिनी भी हैं हम
ममता भी हम, शक्ति भी हैं हम

तटरक्षिका हैं हम
तटरक्षकों के संग हैं हम।
तटरक्षिका हैं हम
तटरक्षकों के संग हैं हम।

हम हैं संग, हम हैं संग, हम हैं संग, हम हैं संग।
हम हैं संग, हम हैं संग, हम हैं संग, हम हैं संग

DIRECTOR GENERAL INDIAN COAST GUARD



MESSAGE

It is a great honour and privilege for me to pen down my thoughts for 13th edition of “**URMI**” on the silver jubilee of the “**Tatrakshika Day**”.

*Women are the lighthouse that show path towards progress,
shape future generation and make this world a better place to live.*

The editorial team of “URMI” deserve the highest accolades for their creditable effort in generating an educational and highly readable magazine, which highlights important activities and achievements of the Coast Guard Wives Welfare Association (CGWWA). Through this edition, the editorial team has effortlessly brought forth the theme of the year “**Parenting in the changing world**”, which is the expertise segment of the women of today’s world while maintaining balance at professional and personal front.

I take this opportunity to place on record my sincere appreciation and gratitude for all that CGWWA has achieved during the past 25 years and wish all members of this fine association, success in all its initiatives. You all have been and will always be the source of strength and pillar of support for the men in whites.

I extend my heartiest wishes to the CGWWA fraternity on the occasion of **Silver Jubilee** of Tatrakshika Day.

Jai Hind!

A handwritten signature in green ink, which appears to read 'K Natarajan'.

K Natarajan
Director General
Indian Coast Guard

PRESIDENT TATRAKSHIKA



MESSAGE

I feel privileged and honoured to share this 13th edition of URMI, after assuming as President CGWWA (Tatrakshika) from 01 Jul 19. This is a forum for Indian Coast Guard personnel and their families to share and exhibit the experience and talent. I would like to felicitate our team URMI, editorial board, contributors and readers for their constant support and efforts towards the making of this annual magazine.

With the ever evolving world even the parenting has evolved with time. Through this edition I would like to urge all our readers to work towards our future generation by keeping our current profession balanced and active alongside while practicing the theme of this year "Parenting in the changing world". We must know the seed sown and nurtured today would reap better results tomorrow for all of us. Let us focus towards life's joys and struggles, alongside our values, aspirations, skills and shortcomings in the process of raising the next generation.

I take this opportunity to thank all the Regions for contributing and bringing innovative ideas towards this edition. I extend my best wishes to all the members of CG family.

I extend my warm wishes to all the ladies on the occasion of **Silver Jubilee** of Tatrakshika Day.
Enjoy Reading!



Mrs Jayanthi Natarajan
President Tatrakshika

VICE PRESIDENT TATRAKSHIKA



MESSAGE

It is my absolute honour to inscribe for URMI-2019, an outlook of Coast Guard Wives Welfare Association. This multi-faceted organization has grown to strength over decades of its existence and evolved as a robust & dynamic association, which provides support to the families of men who have devoted their life in the service of the nation.

I would like to extend my heartfelt compliments to the entire team of "URMI" for all the effort put in to make this edition an actuality. It is indeed a nostalgic moment for me as I pen down my last message for the 'Tatrakshika Guild' on our retreat. It has been my singular honour to being attached with CGWWA since its nascent stage and see strong headed and ingenious women of fraternity taking hold of organization towards its betterment.

I wish all '**Tatrakshikas**' a happy reading and abundance of happiness in time to come. Always "**Stay real**" and continue to dream as "**Power of Hope**" has magic in it.

Sunita Nautiyal

Mrs Sunita Nautiyal
Vice-President Tatrakshika

PRESIDENT TATRAKSHIKA WESTERN SEABOARD



MESSAGE

"Faith Hope Love" are inherited stimuli in a woman who equally steers her home and work with passion. These three stimuli are our strength which shows us the right path.

'URMI' as a Magazine exhibits the efforts made by the CGWWA members and families. It will enlighten the horizon of the Readers about the purpose and the work done by our Tatrakshikas. It brings out the perspective and approach of the organization towards HUMANITY, HEALTH, EDUCATION AND WELFARE.

I appreciate the editorial team for choosing the eminent theme and also embrace the participants for their brilliant efforts to showcase the motto of CGWWA in the printed form to reach the whole Coast Guard fraternity. Let's reconnect our ideas, experiences and anecdotes in the magazine to benefit the society as a whole.

I extend my heartfelt greetings and wishes to each one of you and your families' along with a successful year ahead. So keep the Faith in each other, Hope for the best and Love for each other to grow together for a better tomorrow.

A handwritten signature in blue ink, appearing to read "Chitra Chafekar".

Mrs Chitra Chafekar
President Tatrakshika
Western Seaboard

PRESIDENT TATRAKSHIKA EASTERN SEABOARD



MESSAGE

It is with immense honour and pride that I, as President Tatrakshika Eastern Seaboard, convey my heartiest greetings and good wishes to the President and fellow Tatrakshikas, on the 25th anniversary of CGWWA.

It is also an opportunity to acknowledge the committed and selfless service rendered by all for CG fraternity and Society at large. 'URMI' is a medium of expression of various activities undertaken by CGWWA. With every passing year, 'URMI' has grown by leaps and bounds with enhanced and quality contribution by the members. It reflects on our sincerity and purposeful approach towards the common cause of welfare of the Society.

I am sanguine that with continued efforts CGWWA will scale newer heights by nurturing the talented young Tatrakshikas in unfolding their imagination and strength. I have always believed that women are the real backbone of our societal system and an empowered woman can shape the future of our ensuing generations:

I compliment and congratulate the team 'URMI' for their arduous efforts in bringing out this most cherished edition on the occasion of Silver Jubilee of CGWWA.

Best Wishes and Warm Regards

A handwritten signature in blue ink that reads 'Neela Pathania'.

Mrs Neela Pathania
President Tatrakshika
Eastern Seaboard

PRESIDENT TATRAKSHIKA NORTH EAST



MESSAGE

I am glad to know that CGWWA is bringing out yet another edition of URMI on a dynamic theme 'Parenting in the Changing World'. I feel proud of the fact that URMI always puts its best foot forward to keep in touch with topical issues, despite being encouraging for creative writing, exhibiting fond memories under the lens and so on.

A generation of parents is struggling to wade through information options and competition to give their child a head start. In this race to raise super kids however, some become hyper parents. The key to good parenting is to know your child, understand his limits and achieve a fine balance, which is the need of the hour.

I also take this opportunity to extend my gratitude to each one of our member who has contributed willingly and selflessly in taking forward the objectives of Tatrakshika.

I am sure once again the magazine will be informative and resourceful for all of us. Heartiest congratulations to the editorial team for their collective and sincere efforts.

All the Best !!

A handwritten signature in black ink, appearing to read 'Nidhi'.

Mrs. Nidhi Bargotra
President Tatrakshika
North East

PRESIDENT TATRAKSHIKA NORTH WEST



MESSAGE

It gives me immense pleasure and utmost satisfaction with new edition of 'Urmi' magazine being published. Tatrakshika has been formed and functioning over four decades providing a driving force and strong foundation for guiding units in developing strong bond and insight to the new joiners. Just like '**God**' and the '**Asuras**' churned oceans to extract '**Nectar**', similarly we endeavored to reach each and every member of '**Tatrakshikas**' to bring cheer across the families of elite **North West** region.

The current edition has thrown light on '**Parenting in changing world**'. I would reiterate that success largely depends on values imbibed from teachers and parents during childhood and holistically from society and culture in which they are grown. The transformation of the society with heavy influx of social platform has advantages and disadvantages which needs to be assessed by the parents and draw a line of its utility.

My compliments, to the editorial board and contributors who enabled publishing of this edition of Urmi.

Believe in yourself, extends hands to needy and family needs to make a beautiful society.



Mrs Deepa Pal
President Tatrakshika
North West

PRESIDENT TATRAKSHIKA EAST



MESSAGE

It is the matter of great pride to pen down the message for Urmi. Urmi is a platform for all to express their creative pursuit which develops in them originality of thought and perception. The contents of the magazine reflect the wonderful creativity of thoughts and imagination of the writer.

This year's Urmi's theme is Parenting in the changing world. Parenting is the hardest things that one will ever do, but in exchange, it teaches us the meaning of unconditional love. CGWWA strongly believes that women have vast reservoirs of innate potential. The woman of today has vision, confidence, character and strength.

CGWWA has been providing its fraternity strength and stability and has been working ceaselessly for the health, happiness and well-being of the families of CG personnel. CGWWA has shown deep concern for the welfare of women, children and the elders, thus bounding the community together with care and empathy.

CGWWA steadfast attention to child education, widow welfare, skill development, family counseling, healthcare and women empowerment brings harmony to social lives and strengthens the way of life. It gives me an immense pleasure and great satisfaction that the CGWWA is progressing in all its endeavors towards the overall development of its fraternity.

I wish all the ladies and their family members happiness, prosperity and good health.

Priya Paramesh

Mrs Priya Paramesh
President Tatrakshika
East

PRESIDENT TATRAKSHIKA A&N



MESSAGE

Dear Readers,

"Greetings from Tatrakshikas of A&N region"

Each time a woman stands up for herself, she stands up for all women and CGWWA is an organization which helps ladies to feel independent and confident to rise for oneself and the others. It unites the families of CG Personnel and gives them a platform to showcase their talents and be recognized. URMI is a part of this process in which ideas and creativity are shared and ladies of our CG fraternity feel their talent has been acknowledged.

CGWWA at A&N region has ladies with immense talent and capacity and my journey as President Tatrakshika (A&N) has become interesting each day trying to explore their hidden abilities and URMI has helped in this venture of mine.

URMI-19 has come with a theme most relevant to today's generation 'Parenting in the changing world' and I am sure this edition would help the families in learning right parenting as well as help understand the changing women of new generation. I would like to extend my wishes to the editorial team of "URMI-19" for bringing out this edition and summarizing all the events. Happy Reading!!!



Mrs. Mohita Pathak
President Tatrakshika
Andaman & Nicobar Island

PRESIDENT TATRAKSHIKA WEST



MESSAGE

I am very elated and pleased to pen down few thoughts for this wonderful edition of URMI magazine. It gives me immense pride and pleasure as I perceive the progress being made by CGWWA in the Western Region.

CGWWA is a fabulous organization, which has a larger and more focused role to play. It is a perfect example of what like-minded women with strength of purpose and clear-hearted zeal can achieve.

Each edition of URMI is a milestone that marks our growth, unfolds our imagination, gives life to our thoughts and aspirations. It forms a channel to connect all personnel and families and serves as a wonderful platform for sharing our thoughts and ideas and keeps readers informed of the multifarious activities undertaken by CGWWA but also apprise them about the innumerable benefits given to its members.

I would like to compliment the entire editorial team of URMI for their hard work and invariable efforts for bringing out the essence so beautifully and collated them in form of URMI. Also I convey my heartiest felicitations to all the Tatrakshikas for their constant support and diligence in bringing CGWWA to newer heights by their valuable suggestions and whole-hearted participation.

I extend my warm-hearted wishes to all the members of CGWWA fraternity for good health, happiness and prosperity.

Happy reading!

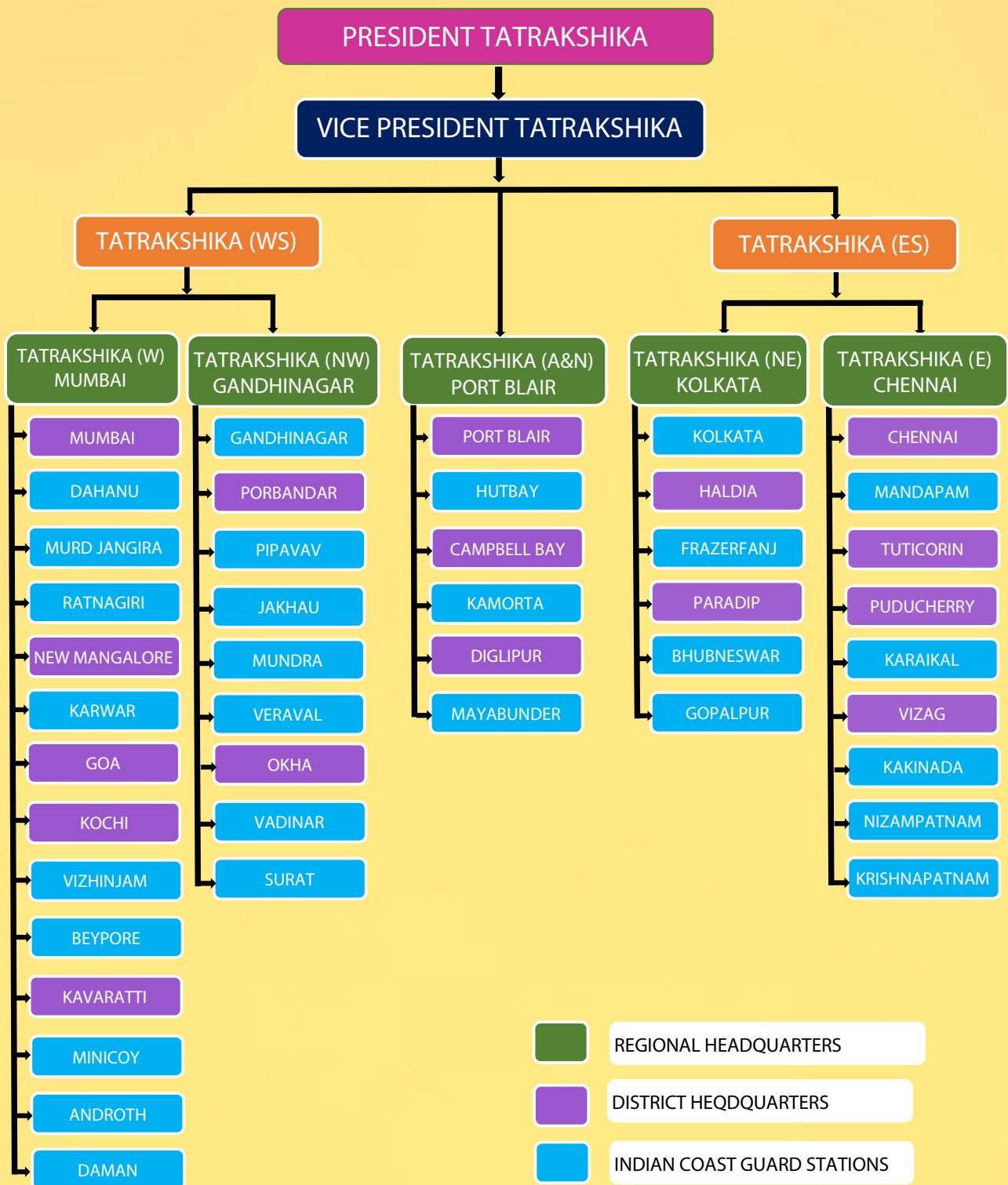
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Mrs Neelima Badola
President Tatrakshika(West)

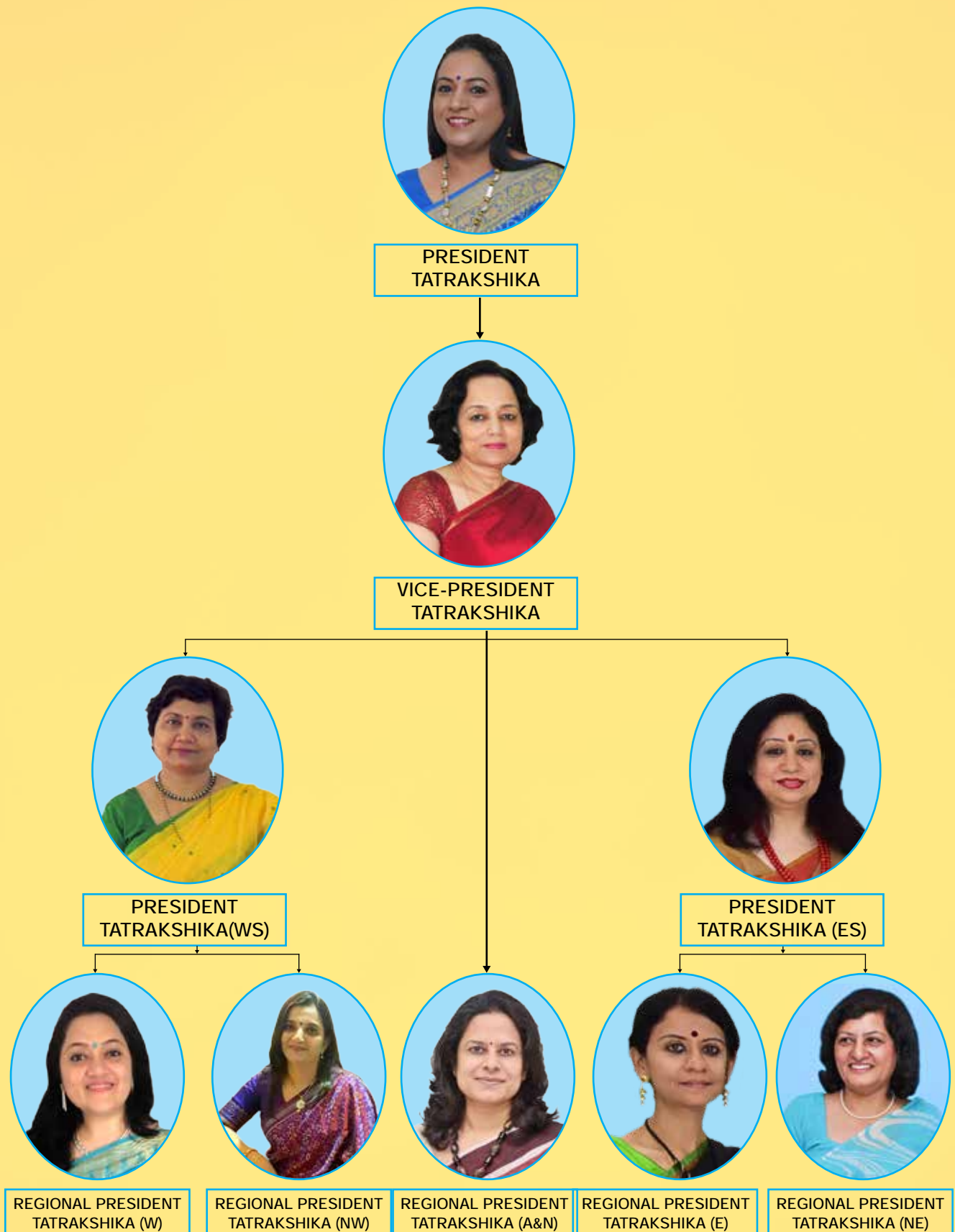


COAST GUARD WIVES WELFARE ASSOCIATION

TATRAKSHIKA ORGANIZATIONAL CHART



GOVERNING BODY



25 GLORIOUS YEARS OF CGWWA

CGWWA stands for Coast Guard Wife Welfare Association also called 'Tatrakshika'. It is an organization set up, run and managed by the wives of Coast Guard Personnel. The motto of CGWWA IS 'Self Help" and every member voluntarily contributes her time, talent and skills towards improving quality of life within the Coast Guard community.

The Coast Guard Wives Welfare Association has been active since the inception of Coast Guard in 1977. However, it formally came into existence on 29 Nov 1994 when it was registered as 'Tatrakshika' and promulgated a constitution of its own. Since then CGWWA has grown into a multirole organization rendering yeoman service to its members. The CGWWA has emblem of its own which was designed in 1996. It depicts the faces of three women representing the cohesiveness for working together to improve the quality of life in Indian Coast Guard. To streamline work and responsibility it is divided into nine branches

SURUCHI (WELFARE)

The aim of Suruchi (Welfare) is to bring about financial independence and confidence in ladies by teaching them various skills. Welfare being the focal point for CGWWA various steps has been taken to bring out as well as inculcate various skills in the ladies. Regular classes and demonstrations were conducted by the CGWWA at the welfare center.

SAKSHARTA(LITERACY)

This team work towards development of cognitive abilities through literacy and education for ladies and children. Their over all development is ensured and then carrier remain their choice. Children with admirable academic achievements too are encouraged for we truly believe that 99% of learning is through encouragement.

SANJEEVAN(HEALTH)

A healthy mind, a healthy spirit and a healthy body is the motto of Sanjeevan. Various awareness lectures, health checkups and administering of necessary vaccines are all taken care by them.

SURAKSHA(WIDOW CELL)

Our service has sensitized each one of us to the unpredictability of life and events. This group takes active interest in providing emotional, financial and moral support. All possible help to rehabilitate the families of deceased personnel of the Coast Guard is provided.

SANSKAR(EDUCATION)

The team members looks after the little kids of Coast Guard community through our Coast Guard Schools all across India and ensures they step on the right stone to success. Lot of effort and care is taken to provide wholesome education to be competent and good human being. Also empowering our women with opportunity to work there.

SRISHTI(ENVIRONMENT)

Conservation of environment is our major concern at this moment. Team members are putting in their best effort to create awareness and conduct various related activities. Creativity at best by creating new from old and reducing waste.

SANCHITA(CGWWA SHOP)

This outlet provide items procured from various parts of the country at whole sale rate and hand made items of our talented ladies. Sure it motivates and provide platform to earn with their skills. It is of great success and help specially at remote stations.

SANCHAR(COMMUNICATION)

Communication is conveying and staying connected in a string when we are all spread to far of lands. Sanchar connects through half yearly

newsletter, Sandesh and the annual magazine Urmi. The myriad activities that find our children and women joyously engaged for most part of the year get attention via Sanchar.

SNEHA(OUTREACH)

Considering our self to be privileged lot with the grace of God. This arm of CGWWA reaches out

to lend a helping hand to the lesser privileged classes of our society by providing financial help, material help and spending time with the lonely ones.

Our best wishes to CGWWA for all its future endeavors and our salutation to all those who tirelessly work for the noble cause.



WELCOMING NEW PRESIDENT MRS JAYANTHI NATARAJAN



TREASURED VIEWS



Cover Page Design By
Asst Comdt Jeesh Janesh
ICGS Samudra Prahari

PARENTING IN THE CHANGING WORLD

*"To be in your child's memory tomorrow,
You have to be in their lives today"*

We all are brought up by our parents with lot of effort, love and affection. Every set of parent try to do best for their children. This is my perception with which i have grown up and evolved thoughts in the ever changing world.

Throughout the act of parenting, it is important to focus on balancing priorities and quickly flipping between the needs of the children and yourself. As the child grows, their need changes and thinking evolves so does for the parents too, but holding them firmly to their ethics and values is their responsibility. This balanced approach can happen only when both father and mother join hands and raise the child to fulfill the needs of a child as depicted in the picture. With father busy with his duty at sea mother plays the role of both parents with courage and perfection. That is why our Tatrakshikas are asset to family and nation.

The entire internet and modern technology is at the disposal of every parent, which needs to be measured and channelized to inculcate in the lives of their children. This is depicted in the picture, wherein the modern day technology is seen outside the home, which needs to be channelized selectively by developing decisive cognitive skills of children.

ELUCIDATION

Dear Readers

It is our privilege to put forth the next edition of Urmi "URMI 2019-20". It reflects the journey of members of CG family their smiles, joys, struggles and achievements. It is a wonderful medium that joins dots spread far and wide and installs the sense of participation and responsibility to something common that is CG family. This magazine provides opportunity to creative and literary talented ladies, children and CG personal and glimpses of the relentless commitment of various CWWA groups in conducting activities and events towards social welfare. It is a platform to drop in our views and experiences and when others get chance to read from those sailing in the same boat becomes easier to steer in the right direction

Every year Urmi gives us chance to discuss various issues of the society. This edition focuses on "Parenting in the changing world". Our tatrakshikas are always taking strong responsibility as a parent when men are busy guarding the seas and oceans. But the responsibility has grown multifolded bringing up children with broad horizon and social exposure answering to their big bag of quarries. Today's women are vastly different and tend to manage whole host of responsibilities with considerable ease and poise. They are embodiment of virtues and radiating a spark in all fields and finance being one of them. We have tried to highlight the importance of women involvement in financial investment.

Under aegis of CGWWA a series of new initiative continue to take shape conducting activities and events towards social welfare. Specially in the smaller station the zeal and enthusiasm, undoubted genuine concern and dedication make them stand apart. Every organization needs to adapt and embrace change to remain relevant so does CWWA under the able guidance, suggestions and decisions of new President Mrs Jayanthi Natarajan

The response to the theme of this edition was overwhelming and it was a herculean task to put it all together and present it in its current form. We place our sincere gratitude to Mrs Jayanthi Natrajan, President Tatrakshika; Mrs Neela Pathania, President Tatrakshika Eastern Sea Board in providing innovative ideas, free hand and their valuable advice was truly a blessing. Special thanks to Mrs Sunita Nautiyal Vice President Tatrakshika for providing strength and fine tuning during final draft.

I along with my team members pay my heartfelt compliments and thanks to each one of you for your whole hearted participation and contribution selected or not selected because of space constrain.

We are sure our dear readers will enjoy this edition as much as we enjoyed working to make this possible. We wish all the CGWWA members all the best!!!!!!

When women support each other, incredible things happen

Indu Shani

Indhu V

Amita Singh

EDITORIAL TEAM



**Indu Sahni
Indhu V
Amita Singh**



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ANNUAL ACTIVITIES OF CGWWA AT A GLANCE

CGWWA HEADQUARTERS

CGWWA is a organization that gives meaning to thousand of lives when they get into matrimony with young officers. Following diverse activities enriches life and adds meaning to daily routine. the year 2018-2019 was filled with variety of activities to spread awareness to protect environment and live life in an eco-friendly way.

SURUCHI

President made a visit to welfare center



A demonstration on Madhubani painting, a famous Indian Art form was conducted by Mrs. Sucheta Banerjee on 23rd August 2019. 27 ladies attended the demo. Madhubani art colours and intricate designs pertaining to nature attracted the participants. Use of its various techniques on different items such as wall paintings, sarees, dupattas, serving trays etc was showcased. Participants tried their hands on different techniques of this art form. Ladies appreciated and enjoyed the demo and showed interest in the workshop to try making this painting themselves.



Learning Martial Art is of paramount interest and importance in today's life. Karate class has started in Kalyan Kendra to help our kids develop focus, coordination, discipline and self defense. Dance class is being conducted in Welfare center, Noida by Mrs. Vidya Raj. They are conducted in evening for ladies and kids teaching traditional and contemporary style.

Teacher's Day was celebrated on 05th September 2019 at Kalyan Kendra, Noida to express our gratitude and appreciation for our welfare activity teachers, conducting Karate, dance and spoken English classes were felicitated with token of appreciation by welfare coordinator. Tea party was also organized. Teachers were happy and felt encouraged.



A workshop on an age old Art form DECOUPAGE(It is the art of decorating an object by gluing coloured paper cutouts onto it in combination with special paint effects,gold leaf and other decorative material) was Organized for three days commencing from 9th September

2019. This workshop was conducted by Mrs Manisha, who taught decoupage on bottles, serving tray, plates, corset and holders. All participants enjoyed learning this art form and took home self made beautiful decorated items.



A class was Organized for CGWWA fraternity at arkaja from 16 Sep 2019 to 25 Sep 2019, for which participants had contributed a token amount of Rs 500 for officers wife and Rs 350 for EP's wife respectively.

A total of 10 persons had volunteered.

This enabled the participants to learn tricks and trade of block printing which would make them financially independent.

A lecture was conducted regarding zero waste by Mrs Bindra using compostors at home and generating manure that is sufficient for kitchen garden. Hence staying away from chemical fertilizers



Beauty Parlour short course/ self grooming course is in progress for the ladies w.e.f 17 September 2019. Mrs. Kamlesh is conducting the classes for five days in a week and it will last for three months.

Block printing

Wood block printing is a technique for printing text images or pattern on cloth or paper. It is a form of art in which we can print design on many usable things like table cloth, napkin, saree, dupatta and make it beautiful.



SURAKSHA

Our team always put in their best effort and extend their helping hand towards resettlement, healing, financial support at their milestones and alleviating the inner pain of our brave ladies. On 11 Sep 19, 'Suraksha Team' and Vice President (Officiating) Mrs Neela Pathania met the suraksha ladies at Mini Conference Hall of CGHQ. The ladies were very happy to meet the Suraksha Team and they all discussed their issues/views freely. The team interacted with all

the ladies about their hobbies, family well being and also inquire about their problems, if any.



The Co-ordinator and member of the team are in regular touch with the ladies and meet them in person every alternate month. The ladies expressed their sincere thanks and gratitude to the Vice President (Officiating) and the team for personal concern and care shown to them. At the end tea and snacks were served to all.

President Tatrakshika Mrs Jayanthi Natarajan, Vice President Tatrakshika Mrs Neela Pathania(Officiating) interacted with the ladies in the mini conference hall at CGHQ on 22nd October 2019. On the occasion of Diwali, President Tatrakshika distributed diwali sweets to all the ladies. The ladies were joyful and they all expressed their sincere thanks to the President.



SAKSHARTA

The literacy team is coordinating the spoken English classes for the ladies and the children towards empowering the language skills of the personals. The classes are being conducted at CGWWA Welfare centre Noida. Presently 6 EP's wives and 6 children are undergoing the spoken English classes which have commenced from 2 September, 2019



The literacy team coordinated nursery teacher training and primary teacher training for ladies with Lal Bahadur Shastri training institute. The training was conducted at CGWWA welfare centre a total of 14 ladies joined the training. The training will continue till March, 2020.



SANSKAR

The young learners are provided with a nurturing, encouraging and stimulating environment at CG Kindergarten, with the aim to hone their social, cognitive, emotional and motor skills so that the tiny tots stride confidently into formal school.

The Coast Guard KG School at Noida, engages in a plethora of fun and engaging activities with an aim to instill curiosity, holistic development and also to make children explore the world of nature through a multitude of activities conducted through out the year.



Germination process, Pyjama party, Monsoon mania, Nature Walk, Colour days, Rhymes and Doha recitation are held regularly.

On 16th July, the President Tatrakshika Mrs. Jayanthi Natrajan made her maiden visit to the school. She interacted with the staff and appreciated the contribution of the teachers towards the progress of the school.



Teachers day was celebrated to mark the birth anniversary of Dr. S. Radhakrishnan. Lunch and games were organized for the teachers and were felicitated with gifts as a token of appreciation.

All national and regional festivals are celebrated with much enthusiasm to showcase the diversity in our country and also to help imbibe our rich culture and values.



General Awareness Week on subjects of Safety, Personal hygiene etc are regularly held through Story Telling and Act and Play.

On 23rd September, a workshop on 'Meditation and Mindfulness' was conducted for teachers by Mrs. Geeta Yadav, a Children's book author and someone who has been practicing Meditation for several years. She also guided the teachers in the art of ' Toffee Meditation ' for Children.



SNEHA

An Outreach Activity was conducted on 17th September, 2019, at the Desire Society (Orphanage), Sector-92, Noida to extend our care and support towards HIV-affected orphaned young children.



Team Sneha interacted and exchanged pleasantries with the kids. The orphanage was provided with a much needed one 3-burner gas stove. Sweets and snacks were also distributed amongst the children.

The children happily shared their feelings with the team and were found quite excited to find ourselves among them. We all members of the CGWWA Fraternity extend our heart-felt blessings to the kids.



Tatrakshika President also appreciated the commendable deed of Team Sneha and exhorted the team to continue with such activities. The event was also well-recognized among the peers.

SANCHITA

In the month of September two days ie 5th n 9th sale was Organized in the CGKG premises. For kids board games, pens, crazy balls etc. and for ladies decorative kade, buttons, threads, diyas, jewellery sets were displayed. Sale was very well received and was a big hit.



SANJEEVAN

A health checkup camp was Organized by CGWWA Sanjeevan for CG fraternity on 22 Sep 19 at Kalyan Kendra Sector – 23, Noida. Health checkup was undertaken by the team of Doctors and their staff at “Manas Hospital” Noida. The total Number of 127 personnel registered for the camp and availed the facilities. Checkup for weight, BP, blood sugar, ECG, eye, dental and consultation with general physician was co-coordinated.



SANCHAR

Sanchar Delhi has previlidge to go through plethora of articles photographs and reports. Working on this issue that covers number of contemporary topics across the social spectrum, giving primacy to originality and information dissemination best possible are selected from huge lot. In todays social scenario nothing is wrong or right, it is just collection of views from far and wide.



CGWWA WEST

CGWWA has been reckoned as a platform for convallescening the talent and skills within towards improving the quality of life. CGWWA's noble motto of "Self Help" motivates ladies to work as a team pitting Self-service to the community and becoming stronger pillar of support to our better halves.

SURUCHI

The period of July 2018-19 witnessed a number of interesting demonstrations and workshops in the Powai and Borivali welfare centres. The activities held at Powai and Borivali centres include Tuition classes, Karate classes, Bollywood dance classes, stitching classes and Yoga classes. Lecture on food preservation, skin care and hair care during winter was conducted. Demonstration of 'Steamed Modak', 'Toran and Rangoli making', fabric painting, homemade Diwali lanterns, lampshades and floating candles designer bangles and earrings using silk threads were also Organized. A workshop was also Organized on 'Art and Craft' and different types of paintings for children. Workshop was also conducted on hand made designer cushions, basic hand embroidery stitches. Presentation was given on how to give a new look to old sarees, Kurtis, duppattas and how to utilize saree border in different ways. CGWWA had also put up a stall in Diwali Mela. Lecture was Organized on 'Importance of fasting (vrat)' followed by a competition by ladies on making food that can be eaten on fasting days.



Goa

To improve the skill, talent and providing the best quality of life to Tatrakshikas and their family within Coast Guard. CGWWA has Organized Tuitions and classes for Taekwondo martial arts for children, stitching classes to the Tatrakshikas. In addition regular skill development happened

through some workshops on making paper bags, cushion covers, reusing bottles and making designer bottles, Creating name plates, Paper mache art, Flower making, Salon art, Seed bomb. A demo of home decor and utility items using newspaper quilling was also Organized. Beautician services and training on personal grooming was being emphasized by an in house expertise.



New Mangalore

In New Mangalore, regular karate and dance classes were held for children. The children from Karate class participated in a competition and bagged six Gold, four Silver and six Bronze medals. Workshops and competitions were conducted on Gajra making and bag making from left over pieces of cloth. Lecture on home safety was given by the rep from the gas agency demonstrating to the ladies, ways of using the cooking gas and precautions to be taken. Dance competition for children was also Organized.

Kochi

Regular classes on stitching for ladies, classes on Abacus, drawing, Karate, dance and yoga for children and tuition for students were conducted. Some of the notable welfare activities were lecture on 'Positive thinking' and 'Importance of Brother Sister Relationship' given by Bramhakumaris, demonstration of 'Day and Night Makeup', 'Yoga haath mudras', 'no gas cooking', maintaining beautiful skin. Self-defence class was also conducted for CGWWA members. Further 'Stress Management Centre' for all CG personnel's families was inaugurated by Mrs Chitra Chafekar at CGRA.

Beypore

All major events like Independence Day, Tatrakshika Day, Troops get-together, Onam festival saw the active participation of all ladies.

Daman

Tuition classes and dance classes for children, stitching and yoga classes for ladies were conducted. To promote good health and awareness, the Tatrakshikas at Daman practiced Yoga every morning. Moral/Value based story telling session was conducted by the Brahmakumaris for the children. Services of 'Lavanya' parlour have commenced from Jul 19 for ladies at TRV, Daman. Various workshops and demonstrations were held throughout the year like making handmade flowers, block printing, various types of hairstyles and saree draping, Raj Yoga meditation. Demonstration of making eco-friendly Ganesha from newspapers and products from plastic bottles into useful items was conducted



Kavaratti

Glass painting classes for children were organized twice a week. As a part of International Women's day celebration, ladies of Kavaratti Coast Guard visited the museum, planetarium and watched the show named 'Dawn of space age'.



SANJEEVAN

Mumbai

Health awareness lecture on cervical cancer was organized by Sanjeevan. a cervical cancer immunization camp for girls/ladies was also Organized. A dental camp was conducted. Further health lecture on 'Menopause' was given by the Medical officer to all the ladies.



Murud Janjira

A free health camp for the CGWWA members and children was conducted at Dr. Kokate's clinic in Murud Janjira.



Ratnagiri

International Yoga Day was celebrated on 21 Jun 18 by all CGWWA members.



Goa

CGWWA has conducted various awareness lectures on Women's Health. Initiative was taken for providing cervical cancer vaccination free of cost to the wards of Tatrakshikas. Awareness on Nomophobia, an educative insight was imparted on harmful effects of mobile phones.

New Mangalore

Lecture on women's health and Yoga class was conducted. Tatrakshikas took active part in the Blood donation camp Organized at New Mangalore.

Karwar

Tatrakshikas took part in the blood donation camp conducted at Karwar



Kochi

A medical camp was Organized at CGRA for ladies. A health lecture was organized to create awareness on breast cancer and cervical cancer and tips on "How to follow a healthy life style". During CG week celebration, a blood donation camp was also organized. An informative lecture was conducted on "Water Borne Diseases and Precautions to be taken"

Beyepore

To highlight the significance of eye sight as well as to improve the standards of health an eye camp was conducted M/s Lawrence & Mayo for families of CG personnel. Yoga classes were conducted at Brahma Kumari centre, Kozhikode for CGWWA Members. '**Rajyoga Meditation**' techniques were emphasised and importance of Yoga in today's busy life for a healthy body and peaceful mind were emphasized. A blood donation camp in coordination with Department of Transfusion Medicine, Kozhikode Medical College was conducted at Station premise.

Daman

A health survey was conducted with the assistance of the administration in TRV Daman. The activity culminated with an eye camp. A presentation followed by an interactive session on 'First-Aid awareness' was also conducted. An Ayurveda Camp was conducted to encourage ladies to adopt Ayurveda as alternate medicine. Doctors from Shree RMD Ayurveda College were called for presentation and also distribution of medicines.



Kavaratti

A medical lecture on 'Healthy Living in an Island' was given by the Medical Officer. Since vegetables and fruits are not available all the time, the focus was on how to have a balanced diet with limited available resources especially for vegetarians. A lecture on "balanced diet" was delivered by district medical officer for CGWWA members and ladies present in station.



SNEHA

Mumbai

Books Collected from Coast Guard Fraternity were distributed to Karmyog, an NGO. Two day workshop on some items made up of newspaper sticks was conducted at Happy Home and School for the partially visual impaired children. As a noble gesture Sneha in coordination with Sanjeevan arranged to provide adult diaper packets to a bedridden aged relative of civilian staff. President Tatrakshika (W) handed over the packets to the beneficiary. As a part of outreach activity, the coordinators collected old clothes from Coast Guard families and on Tatrakshika Day, President Tatrakshika (West), alongwith outreach coordinator and core committee members handed over the collected clothes to NGO Goonj. As part of Coast Guard Day activities, CGWWA sponsored lunch for the visually impaired children of Happy Home and School for the Blind. A lecture on 'How to join Indian Coast Guard' was given at an NGO in Powai called 'Logic centre and Community welfare association'. This NGO takes care of children staying in slums and assists them with education.





Murud Janjira

Members of CGWWA Murud, visited 'Shantivan Ashram', an orphanage at Korlai. The CGWWA members spent time with the orphanage kids and interacted with them. The CGWWA members also donated clothes, ration and refreshment etc which were donated collectively on voluntary basis by all Coast Guard Personnel and families.

Ratnagiri

CGWWA members visited 'Shri Shyamarao Bhide Workshop' of Avishkar society of physically challenged children. All the members interacted with the school children of the society. The celebration started with cake cutting ceremony and later on, interaction with the school children.



Goa

Outreach activity was conducted as a support to orphanage and needy people on a regular basis. Basic required items were provided by CGWWA as an extended support.



New Mangalore

An outreach activity was conducted at 'Stella Mary Convent' Orphanage. An Aquaguard was installed at the orphanage so that children could get clean drinking water. Ration and, toiletries were donated in order to extend helping hands to childred. An outreach activity was conducted at CGWWA Centre at CGRA Kunjathbail wherein grocery items were distributed to the casual labourers working inside CGRA.



Karwar

CGWWA conducted outreach activity at Asha Niketan School for the Deaf. Various goodies, vegetables and cereals were donated to the children. CGWWA members also served and joined the children for lunch.

Kochi

To combat the worst floods of the century

at Kerala, CGWWA distributed Clothes, ration and medicines. Based on the available aid and generous contribution, essential items like milk, water, juice, sanitary items, clothes, ration and toiletries were purchased and distributed. All these items were given to relief camps through collection points and NGOs. Members visited Ashadeepam Rehabilitation Special School. CGWWA members helped the centre by distributing uniforms and relief materials. Mrs Chitra Chafekar, President Tatrakshika (West) distributed school bags which contained safety instructions for safe fishing for the children of fishermen community. During monsoon season, umbrellas were distributed among casual labourers.



Beypore

Flood relief materials and medicines were handed over to District Medical Officer, Kozhikode for distribution to various relief camps. Toys and clothes were collected from CG families at Beypore and distributed among the children whose school/home got washed away in the floods.

Vizhinjam

Ladies from Vizhinjam visited flood relief camp at Kuttanad, Alleppey. New clothes purchased for ladies, gents and children and cleaning materials were distributed to the people staying in the camp. President Tatrakshika distributed School bags inscribed with safety slogans on safety at sea to 50 school children from Harbour Area LP School.

Daman

Tatrakshikas from Daman donated relief material to victims of floods in Kerala. Outreach Committee conducted a health camp and

philanthropic for casual labourers. Stationeries including notebooks, pouches with pencils, crayons etc. were donated for office and general use to the teachers and students of Government School, Geeta Nagar, Vapi benefiting total of 220 students.



SAKSHARTA

Mumbai

The literacy team enrolled Tatrakshikas in distance learning programme through IGNOU. A total of six Tatrakshikas enrolled in Diploma in Early childhood care and Education. CGWWA (W) funded 50% of the course fee per head. Literacy team conducted a lecture on Money Management at Borivali welfare centre through SIP (Systematic Investment Plan). A career mapping workshop for students studying was conducted. The workshop was conducted by professional and trained career counsellor from Prafula Psychological services. An essay writing competition was held at the Powai welfare centre.



Goa

CGWWA sponsored Diploma in early childhood care and education for Tatrakshikas through IGNOU. Educational talk on "Bachon Mein Shishtachar" was also conducted to imbibe good learning habits in kids. In addition regular

spoken English classes were also Organized for Tatrakshikas for their overall development and skill enhancement. ABACUS learning programme started for the children.



New Mangalore

A writing activity was conducted to hunt of young writers for quarterly CGWWA newsletter. A special career guidance programme for students who are attending course for II PUC/CET/ COMEDK/JEE/NEET 2019 was Organized at SDM Law College auditorium.

Kochi

Trophies and certificates were distributed by President Tatrakshika (Kerala & Mahe) for meritorious students during the Troops Get Together.

Daman

An informative lecture on 'Mesmerizing Indian Coast Guard' was organized wherein the ladies were enlightened about service and work related profiles of Indian Coast Guard Officers and EPs. A counselling session on 'Learning disabilities in children' was conducted for Tatrakshikas. An expert counsellor discussed the seriousness of this problem through case studies and also ways to deal with the issue. An interactive workshop on 'Reviving Relationships' was conducted. The counsellor stressed on empowering oneself with one's uniqueness in all walks of life through self-realization and giving purpose to one's life.



SRISHTI

Mumbai

Team Srishti showed a short documentary film to the ladies regarding the pollution caused by plastics. A lecture was delivered about the disadvantages and drawbacks of plastic and the alternatives of it. 'Jute Bags' were distributed to all the ladies to encourage everyone to use it instead of buying and using plastic bags. A workshop on making "Eco friendly Ganpati" was organized using 'Shadu Clay'. One day activity on 'Candle Making' using wax and different types of moulds that are readily available at home was held in order to have a green Diwali. Ladies were given demonstration at Powai welfare centre on making essential oils like Lemon, Orange, Rose, Mint & clove at home.



Murud Janjira

CGWWA members Organized a 'Tree Plantation Programme' at Telwade Camp Quarters, Murud during the monsoon. Ladies and children also participated in 'Swachhata Pakhwada' – a cleanliness drive.

Ratnagiri

CGWWA members took active part in the International Coastal Cleanup activity. Mrs. Urmila Singh Former President Tatrakshika inaugurated RATNAVATIKA – a green house in the premises of the new administrative building.



Goa

CGWWA Organized tree plantation at TRV Chicolna and coastal cleanup at Bagmalo Beach for clean environment. All committee members and other members planted various medicinal saplings at the venue. A weather friendly talk and presentation on indoor plants and manures was most suitably Organized during monsoons. Various ornamental and medicinal plants were also displayed towards awareness and overall health benefits of all concerned.

New Mangalore

CGWWA Committee members participated in Coast Guard Beach Cleanship drive at Panambur beach and Surathkal Beach with gusto.

KARWAR

Coastal Cleanship Drive at Alligada Beach, Karwar was Organized on the occasion of International Coastal Cleanup Day.



Kochi

As a part of the Swach Bharat Abhiyan, a community cleaning drive was undertaken by CGWWA members. During this Abhiyan ladies carried out cleaning of surrounding area of community centre and premises of CGRA Kochi.

Beyepore

A walkathon by CG personnel, CGWWA members and children was conducted to commemorate 70th Republic Day as well as the 43rd Raising Day of Coast Guard. The aim of event was to generate awareness among general public about clean sea and green environment for next generation. Large number of CGWWA members joined hands with the CG personnel in encouraging a green environment.

Daman

An activity for building up a Kitchen Garden near each residential building of TRV Daman, wherein ladies joined the drive of making TRV Daman green and planted saplings of medicinal plants like Tulsi, Lemon, Aleovera, Lemongrass, Chilli plant, Sweet Neem etc. An activity based on "Best out of Waste" was organized in which videos on DIYs based on preservation of natural resources, best out of waste, self-watering system for our plants etc was streamed. A demonstration was given on "making in-house candle holders", Rangoli using simple plastic sheets and colourful plants using electric bulbs. A visit to Suzlon Ltd was organized on 05 Jan 19 to educate the ladies about the processes involved in assembling and setting up of a windmill and showed the best use of leftover materials.



Kavaratti

Tatrakshikas actively participated in the International Coastal Clean-up Day at Kacheri jetty area Kavaratti. As part of Swachatha Hi Sewa Campaign Tatrakshikas of Kavaratti alongwith cleaned the beach area of base. During Lakshadweep Vanamahostav President Tatrakshika (Kavaratti) accepted a sapling from Honourable Administrator Shri Farook Khan. Tatrakshikas planted saplings inside the base on the occasion.

SANSKAR

Mumbai

At Coast Guard KG School in Mumbai various events were celebrated by the children. This includes 'Vana Mahotsav', Friendship day, Teachers day, Grand Parents Day and Children's day was celebrated.

National Days such as Independence Day and Republic Day was also celebrated. Children were dressed as national heroes.

Festivals like Onam, Dusshera, and Diwali was also celebrated by the children make them understand the various festivals of India. Raksha-Bandhan was celebrated to cement the brotherhood among the children.

From the education point of view mock shop was set up in the school premises to educate the children on market activity. English recitation competition, drawing competition, craft competition, fancy dress competition was also conducted for the students.

Inorder to inculcate concerns on the environment, children were made to participate in Swacch Bharat Abhyan.

Medical camp for basic health checkup was undertaken by the Medical Officer.

Annual sports day was also conducted in the school. All children participated with full enthusiasm.

The children were taken for picnic as part of the outdoor activity.

President Tatrakshika (West) interacted with the teaching staff of the CGKG.



RATNAGIRI

CGWWA organized a visit of school children of 'MUKUL MADHAV VIDYALAYA' school from Ratnagiri. Children were briefed about the ATC, Runway and movement of the Aircraft in ground and air. A movie on COAST GUARD was also screened in conference hall which has encouraged the moral of the students with feelings of patriotism.

Goa

CG Play School was inaugurated by former President Tatatrakshika. Activity based learning is being undertaken as being implemented in other Coast Guard schools. Rakhshabandhan, Independence Day and Janmastami celebrations were encouraged and conducted at school with utmost enthusiasm.

New Mangalore

CGKG at New Mangalore celebrated all the festivals like Diwali, Raksha Bandhan and Christmas. Children's day was also celebrated by the CGKG. Fancy Dress competition was held in school in which children participated with full enthusiasm. To commemorate national days, flag hoisting ceremony was held on Independence day and Republic day. Annual Day was celebrated wherein students performed various cultural programme. Prizes were distributed to all winners in academic and sports activity which was conducted during academic season.

Kochi

CGKG at Kochi celebrated Teachers day and Children's day with fancy dress competition, Yoga Day and World Environment Day was celebrated by the school. All the festivals like Onam, Diwali and Christmas were also celebrated. New Year started for the tiny tots with a grand New Year celebration in school. All the national days like Independence Day and Republic Day was also celebrated in school. Picnic and Annual day also conducted for the children.



Bey pore

An Inter School Painting Competition was conducted on 22 Jan 19 at Station premises. The event was a part of CG day celebration to inculcate awareness among the younger generation regarding Coast Guard and to motivate them.



SURAKSHA

Mumbai

During the Annual General Meeting, President Tatrakshika (W) interacted with the spouse of deceased EP and handed over the scholarship amount for their children. A lecture on "How to save taxes on salary" was also Organized. This year the Western Region witnessed the unfortunate demise of Vinod Kumar P/Nvk from CGSD(MBI).



SANCHAR

Newsletter/Sandesh was being published quarterly. The Region has also contributed articles for URMI.



CGWWA NORTH EAST

An insight of all activities of the CGWWA North East Region is satisfying, we still have miles to travel being the youngest region of the service. It would not be an embellishment to pen down that Tatrakshika of North East region have committed themselves whole heartily to the growth of the region and subsequently benefited the organization as a whole. All activates under taken by the members of Tatrakshika North East, has been performed with great zeal and enthusiasm.

SURUCHI

The aim of Suruchi (Welfare) is to bring about financial independence and confidence in ladies by teaching them various skills. Welfare being the focal point for CGWWA various steps has been taken to bring out as well as inculcate various skills in the ladies. Regular classes and demonstrations were conducted by the CGWWA at the welfare centre. Activities undertaken by Suruchi are as follows: -

Kolkata

A competition on "Best out of waste" was held at Welfare Centre, Maniktala. Beautiful items were made from waste materials.

Baking class was Organized at Welfare Centre, CGRA Maniktala. A famous baker and owner of renowned bakery Mrs. Priyanka Mimani gave demo on baking various types of Cakes, Mousse and Chocolates.



Picnic for all Tatrakshika members was

Organized on at Bellur Math, Kolkata followed by lunch. During the picnic, various games, quiz and entertainment programmes were also conducted.



Demonstration on effective baking was delivered by Mrs Sameera Khosla at Welfare Centre, CGRA Maniktala.



Demonstration on glass painting was given at CGWWA welfare centre, Manicktala.



Class on Jewellery making using beads was held at CGWWA welfare centre, Maniktala by Mrs. Nidhi Bargouta, President Tatrakshika (NE).

Demonstration was given on stitching different styles of Salwars and how to prepare traditional Bengali sweet dish "Khejur Gurer Payesh" at CGWWA Welfare Centre, Maniktala.



Dance classes for children and how to make useul articles rom discarded articles were held.

Mehndi applying competition was held as a part of Karwa Chauth Celebration.



Lecture on "Smart Investment" was delivered by representatives of State Bank of India and Workshop on "Smart Investment in gold" was delivered by representatives of Tanishq

Workshop on "Finger Painting" was held at welfare Centre, Manicktala.

Paradip

CGWWA Paradip organized cushion cover making classes in community hall of CGRA every day from 01 Aug 18 – 15 Aug 18.



Tatrakshika day was celebrated in which all the CGWWA ladies participated and cake cutting ceremony was organized.



A demo on making teddy bears and soft toys at home was conducted by Mrs Ranjana Singh.



Demonstration was given on some useful "Do it yourself" ideas to make decorative show pieces from best out of waste to make wall hangings from old newspapers at home. A demo on making of mural art was using small corals, shells etc. from sea and how to make jewellery from silk thread was given by Mrs Ranjana. Colourful Silk thread and many types of stones were woven and pasted to make beautiful jewellery.

A Picnic was organized for CGWWA ladies with families to Water park/Jungle camp.

The children of CGRA beautifully performed dance programme on the troops get together.

President Tatrakshika (Odisha) Mrs Alka Makwana gave a demo on cooking of Rajasthani Cuisine. These demo presentation inculcate various cookery skills among ladies from different parts of Nation.



Haldia

Mrs Anju Jain demonstrated and appraised all benefits regarding chemical free “Hair Spa and Facial”.

Demonstration on “Best Out of Waste” and two different types of Rangoli making techniques were beautifully demonstrated by Mrs Aparna Kadam. Rangoli was made using colors, oil and water. One was made under the water surface and the other on the surface of water.



Demonstration on hairdo was given by Mrs Phalguni Das in order to provide fashioning of hair, which is considered an aspect of personal grooming and fashion for ladies.



Diwali Mela was organized at Azad Hind Nagar. CGWWA Haldia set up a “Panipuri” stall in the mela where delicious panipuri were served. CGWWA Haldia organized an event as a part of children’s Day Celebration for the ward of Coast Guard personnel at CGWWA Welfare Centre where movie “102 Not Out” was screened for kids.

Tatrakshika Day was celebrated at CGWWA Welfare Centre. CGWWA members were felicitated by Mrs Nuzhat Sultana, for the responsibilities shared by them while organizing various CGWWA activities.

SNEHA

Kolkata

An outreach programme was conducted at “Sukanya – a home for orphan girls”. Tatrakshika celebrated Christmas with the girls and acted as “SANTA” by showering them with gifts and love.



As a part of outreach activity, Typhoid and Hepatitis-B vaccines were given among the casual laborers and civilian staff of Coast Guard officers mess at welfare center, Maniktala.



As part of outreach activity a visit to “Prabartak Sangha Home”, a residential NGO for orphan and destitute mentally retarded men and women, was undertaken. Tatrakshika members distributed bedsheets, biscuits and fruits to 56 people residing at the NGO.



Paradip

An outreach activity was carried out to provide aid to differently abled child of MTD, Shri

Gajendra Murmu for making prosthetic limb in order to facilitate his day to day movement and activities.

Haldia

An Outreach Activity was conducted at Gandhi Aashram, Durgachak on 11 Aug 18. Grocery items were also distributed.

As a part of outreach activity, bags were distributed to casual labors at CGWWA Welfare Centre by President Tatrakshika (NE).



SANSKAR

Haldia

At Haldia, various events like pot luck party, various colours day, monsoon day, story and rhymes telling competition, friendship day, Independence day, Raksha Bandhan, Janamashtami, Teachers day, fancy day competition, Diwali festival, Children's day, cleanliness drive awareness campaign, Snow and Christmas day were celebrated.



Annual Day was celebrated on 19 Dec where students got a chance to display their talents in front of a big audience.



SANJEEVAN

Kolkata

A lecture on colour therapy was delivered by Mrs Sudeshna Mukherjee at CGRHQ (NE). She told about the benefits of it and how application of certain colours can bring positive changes in everyone's lives.



International Yoga day was celebrated by organizing Yoga training on by CGRHQ in association with CGWWA Kolkata. During the training session the Yoga expert explained the importance of Yoga and taught various Yoga Asanas.



An informative lecture was given by dietician Mrs. Sameera Khosla at CGWWA center Maniktala on diet control.

A presentation was given by Surg. Lt. Cdr. Arnab Sen Gupta at welfare center, Maniktala. The importance of first aid and how one should be aware of immediate steps to be taken under different emergency conditions like bleeding, burns, fractures, insect bites, snake bites etc. before the patient is taken to the doctor or hospitals were dilated with practical demonstrations and answering the queries of ladies.

PARADIP

Health Activity on Dental and Oral Hygiene was conducted by Dr (Mrs) Namrata Pant at Community Centre in CGRA, Paradip.



A Seminar was held on women health and hygiene at Paradip Port Trust Seminar hall. CGWWA ladies attended the seminar. Gynaecologist and Dieticians from Bhubaneswar gave advice and attended to the various health issues of ladies.



Haldia

International Yoga day was celebrated by organizing 02 days Yoga training on by CGDHQ-8 in association with CGWWA Haldia. During the training sessions the Yoga expert explained the importance of Yoga and taught various Yog Asanas.



A lecture was delivered during Tatrakshika Milan by Mrs Manorama Bagchi on "what is stress", its meaning, effects and "how to cope with stress".



A workshop on Yoga was conducted by Mrs Suman at CGWWA Welfare Centre. Various Yoga asana were demonstrated and small lecture was delivered on importance of Yoga for our day to day life.

A lecture on importance of posture and diet in day to day life of women was conducted by Medical Assistant.

SAKSHARATA

Kolkata

On 18 Dec 18 a programme was conducted at St Don Bosco School, Kolkata as a part of literacy activity. A video on Indian Coast Guard was displayed to the students which showcased various duties and responsibilities of Indian Coast Guard.



Paradip

Literacy Activity based on Hindi poem recitation, Hindi Essay writing etc was conducted by Mrs Geeta Singh. An essay writing competition was organized on the occasion of Qaumi Ekta Diwas on the topic “The importance of women in Indian society and their role in development of nation” at Community Centre in CGRA, Paradip.



Literacy Activity based on Parenting and feedback skills, was conducted by Mrs Geeta Singh on at Community Centre in CGRA, Paradip.

Haldia

Drawing competition for CG wards was organized at Rajhans Sports Complex, the kids showcased their power of imagination through wonderful drawings.

To celebrate Raksha Bandhan, 10 Brahma Kumaris visited Coast Guard and delivered a motivational lecture on “Meditation and Yoga”.

To honour the selfless contribution of teachers towards society, Teacher’s Day was celebrated at CGOM. Teachers of CGKG School and private teacher who take drawing and karate classes were invited at welfare center.

SRISHTI

Kolkata

President Tatrakshika (NE) Mrs Nidhi Bargoutra along with other members of CGWWA and children of different schools of Kolkata actively took part in the cleanliness drive to observe International Coastal Clean-up and also contributed in Swachha Bharat Abhiyan Campaign.



As a part of Gandhi Jayanthi Celebration, a Swatchh Bharat Abhiyan was conducted. Cleanliness drive was undertaken at CGRA Maniktala and Adjoining areas by Tatrakshikas.

A workshop on mushroom cultivation was conducted under the guidance of Dr Abhijeet Ghoshal, a professional from “Vivekananada Shasya Shyamala Krishi Vigwan Kendra” at CGRA Maniktala



Mrs. Shakuntala Mishra gave a demo on creative plantation. The topic for the demo was ‘Make your plants wear Jeans/Pants’.

In order to encourage the theme of zero waste generation, from CGRA a demonstration on making compost from kitchen waste was conducted by Mrs. Shakuntala Mishra at welfare center, Maniktala.



President Tatrakshika (NE), Mrs. Nidhi Bargotra along with committee members visited Horticulture Society of India at Alipore, Kolkata on 06 Mar 19 to acquire knowledge and practical exposure on upkeep/ maintenance of indoor plants and flowers.

Paradip

A lecture on "Say No to Plastics" was delivered by Mrs Geeta Gurung Singh. She also stressed on various means by which home makers and ladies can REDUCE, REUSE and RECYCLE in order to reduce the usage of plastics in day to day life.



A special coastal clean-ship was organized at the Paradip beach.

Tree plantation drive was organized at CGRA. Active participation of all the Tatrakshikas of Paradip resulted in planting numerous tree saplings during the event.



Haldia

CGWWA Haldia in coordination with CGDHQ-8 organized an awareness program among the CGRA residents at Azad Hind Nagar, Haldia. The theme of the event was "Beat Plastic Pollution".

"Clean Environment is the key to the Healthy and disease-free life for its inhabitants". CGDHQ-8 in co-ordination with CGWWA organized World Environment Day celebrations. CGWWA ladies actively participated in the celebration which included cleaning of river front, slogan competition, tree plantations and other civilian dignitaries.

A mass tree plantation was done in Coordination with DHQ-8 by Tatrakshika members in and around CG Residential area, Haldia.

International Coastal Clean-up Day was organized at Nandigram with the Moto "Swachh Bharat Abhiyan and Swachh Sagar Abhiyan" where in Tree Plantation along with Coastal clean-up was done with villagers and school students.

Mass tree plantation as part of CG week celebration was conducted at Azad Hind Nagar.

A lecture on indoor air purifier plants was delivered by Mrs Chandani. The focus of the lecture was on types of air purifying plants and its use in removing toxic agents from the air.

SURAKSHA

Haldia

CGWWA Haldia extended all required support to Mrs. Lalsa Devi (W/O Late Ram Karan, U/ Adh(CK), who expired on 14 Apr 19). A sum of Rs. 10,000/- was also granted to wife of Late Ram Karan, U/Adh(CK) from CGWWA Welfare Fund.

SANCHAR

Newsletter/Sandesh was being published quarterly. The Region has also contributed articles for URMI.



CGWWA NORTH WEST

SURUCHI

Gandhinagar

Tailoring services are being rendered by Mrs. Anjana for ladies thrice a week at the CGWWA Welfare centre. Also, Lavanya beauty Parlour is functional from Monday to Friday. CGWWA (Gandhinagar) Organized various welfare events/ measures for children/ladies like demo on "Paper flower making", "Jewelry- making", making of paper bags, , summer make up techniques and nail art, lamp shades, preparation of sweet and cookies were held. Workshop on making of decorative item from waste material was also Organized. A talk on "Significance of Raksha Bandhan" by Brahmakumari was also conducted. An educational trip to Science city for CG children and kids day out to Burger King was conducted.



Porbandar

At Porbandar activities like dance and drawing classes for children, Zumba classes and mud painting classes for ladies, were Organized. A session on 'anapana', a meditation technique

of vipassana course was also Organized. 150 children of age group 3-5 yrs along with 17 teachers from learning tree global school, and around 30 children along with teachers from KV, visited CGAE Porbandar. A "garba evening" and celebration of Navaratri and Christmas for ladies held. As a part of Tatrakshika Day picnic to Jambavati Caves and exhibition of Saree and Jewellery was also conducted. Demonstration on mud and mirror art work, preparation of different kinds of mocktails, clay pot cooking was also conducted at Porbandar. A presentation on the use of aloe vera and its benefits were conducted which was of use to the ladies.



CGRPT Surat

International Women's day was celebrated by CGWWA. Demonstration on preparation of fruit mocktails was also conducted.

Okha

Various activities were Organized by the CGWWA. The activities include demonstration by beautician on beauty tips, "Garland and Rangoli Making" "Hand embroidery", "Warli Painting", "Tissue Paper holder making" and "Black forest cake baking" was held. Presentation on "Vasthu Shaashtra", art and craft class and inter-unit Rangoli Competition on theme "Beti Bachao Beti Padhao" was also Organized.



Mundra

Various activities Organized at Mundra includes cookery classes, familiarisation on carrying out bank transaction, online booking on airline/train tickets and sweet making competition held. Lecture and practical demonstration on self-defence and safety measures were also held. Visit to Baroi village, Mundra Taluka in association with Adani foundation was held.



Vadinar

Various activities Organized at Vadinar are competitions like rangoli, Rakhi making, painting etc. Sports day for ladies and children also held. Demonstration on making eco-friendly Ganapathy, thread bangle making also arranged. Classes on thread art and tailoring for ladies and western dance class for children were Organized. Workshop on personal grooming tips also Organized for ladies.





Jakhau

CGWWA at Jakhau Organized badminton match for ladies. The ladies visited "Tera Village" famous for handicrafts and handloom products and trip to "Ambe Dham Jain temple" at Mandvi. Demonstration on making sofa cushion and mobile holder also conducted.



Pipavav

CGWWA Pipavav Organized demo on "art and

craft work". Motivational lecture on topic "Living a happy life" was also conducted.

Veraval

Activities Organized at Veraval are demo on sandwich making and "Greeting card making". Kite flying festival for children was also held.



SAKSHARTA

Gandhinagar

CGWWA Organized various activities on literacy like, essay writing competition, written GK Quiz Competition, inter-school painting competition was organized. Felicitation of students for excelling in merit/Sports was done by Mrs. Dipa Pal, President Tatrakshika(NW) during Troops Get Together. A visit to Amul Factory, was Organized for children by CGWWA (NW).





Porbandar

A demonstration on reusing and recycling garbage was given to ladies. Informative lecture was given by Dr. Amit Bhattacharya on subject "self-help group towards entrepreneurship development". A lecture was delivered by Brahma Kumari Leenaji on "Marriage Adjustment problems". An informative programme on "mind and brain development" was Organized. A visit to bird sanctuary was also held.



Surat

A Lecture on "Financial planning" was Organized. A visit to M/s Euro India fresh food Ltd. was Organized for members at Surat for in-sight into various packing/managing of snack & juices. A trip to Science Centre was also Organized.



Okha

"Value education" class for children was Organized.

Mundra

A painting competition was conducted at Adani Sports Complex by Literacy members of CGWWA.

Vadinar

Competitions like essay writing, quiz and drawing was Organized for ladies and children. A lecture on "ways to avoid Exam Stress" was arranged.

Jakhau

Visit of Kasturba Gandhi Balika Vidhyalaya girls onboard IBs Organized.



SANJEEVAN

Gandhinagar

A Health talk on "Water borne disease" and "Basic body screening" was Organized to generate awareness. Free eye checkup camp and cancer screening was Organized. Further a cancer screening test was also conducted. **Reiki** certified course of Level-I and Level-II healing was conducted at CGWWA centre by Mrs. Jasmine.



Porbandar

A general health check up was organized for all CGWWA ladies and children. Lecture was also delivered to ladies on "symptoms & prevention of Heart Attack" and "depression causes, symptoms & remedies". A seminar on "need of physiotherapy" was conducted.

Surat

A lecture was Organized on "Anapana and Upasana" and "Causes of dehydration in Children and preventive actions" at CGWWA centre.

Okha

Demo on various techniques of "Yoga and meditation", health lecture on "Child Health Care" and "Physiotherapy". CGWWA Organized a medical camp on Polio Vaccination also.



Mundra

Anapana meditation session was conducted by qualified instructors from Vipassana, Bhuj. A lecture cum presentation on "Malaria symptoms and preventive measures", "Menstrual hygiene and vaginal infections" and "Swine flu" was Organized. Medical lectures cum presentation on "Deficiency of Vitamin D" and "Causes of Uric acid in Human body and its harmful effects" were also given.



Vadinar

A medical lecture on "Rubella and Measles vaccination" and lecture on junk food vs. Healthy food was given. As part of Pulse Polio drive was also conducted.

Jakhau

"Vipassana meditation "classes were Organized for all Tatrakshikas and children above five years of age. Thyroid check-up camp was conducted for the ladies. A medical lecture on "obesity and life style for a healthier living" and "hygiene and sanitation" was delivered. A Medical Camp was Organized in a nearby School Kasthurba Gandhi Balika Vidyalaya.



Pipavav

A medical lecture cum practical demonstration on "Kid's health and precautions to be taken during Monsoon Season" Organized by CGWWA.

Veraval

AN eye check up camp was Organized by Station Medical Officer. Thyroid checkup for Tatrakshikas and health check up of old age home members was also Organized. General advisory including health check-up was given by the Station Medical Officer.

SANSKAR

The region has two CG Play Schools at Porbandar and Vadinar which have been upgraded to CGKG with effect from current session. Teachers ensure proper education as well as overall personality development by conducting various fun-filled and educative activities for kids throughout the year.

Porbandar

All colours day was celebrated by the children of CGKG with an aim to inculcate sense of colours in them. Flag hoist held on National Days like Independence Day and Republic Day. All the festivals like Navaratri, Shravan Jhoola and Rakhsa Bandan were also celebrated by the children. Friendship Day and Teacher's Day was also observed by the school to inculcate the value of relationship and respect to teachers respectively. An edutainment outdoor activity visit to Shri Hari Mandir Sandipani Ashram and Kirti Mandir. These activities aimed at team bonding and to gain travel experience without parents. Fancy Dress

competition and drawing competition was also conducted. Annual sports day was observed by the school. Medical checkup of students were also conducted at MI room. More than 40 trees and plants were planted by the children.



Vadinar

All colours day was celebrated by the children. Independence Day and Republic Day was celebrated with Flag hoist. Festivals like Janmashtami, Christmas and Holi was also celebrated. Competitions like colouring and Rhymes were also Organized. To let children understand basics of health care teachers Organized Health Day and to raise awareness about preserving and protecting our rich cultural heritage, students of CGKG also observed World Heritage Day. Children learned about the

importance of keeping earth clean and green and celebrated Earth Day.



SHRISTI

Gandhinagar

A Lecture on “conservation of birds”, “Magic of Plastics in line with philosophy & Experimental Learning of Science”, and “Kitchen Garden” was Organized. A **“Nature Walk”** at Indroda Park and “Heritage Walk” were Organized.



Porbandar

Distribution of sapling was done keeping in view the importance of environmental protection. Children were encouraged to sow as many numbers of saplings as they could and the one whose plant grows best after 8 months of sowing was promised to be awarded. A visit to **“Bird Sanctuary”**, Porbandar was Organized where ladies

were educated about various types of migratory birds, their habits and behaviour. Bags were also distributed during this event.



Surat

A visit to Nature Park conducted to teach about eco farming by the members of Nature Club.

Okha

International coastal cleanup Day was organized. Kitchen garden competition was also organized. In accordance with Swachh Bharat Abhiyan, a cleanship activity was Organized by CGWWA Okha wherein 38 ladies and 15 children actively participated and collected around 15 bags of garbage. Bags were distributed during this event. A Kitchen Garden Competition was also organized.



Mundra

Coastal cleanup drive was conducted in association with M/s Adani on international coastal cleanup day. A lecture on tree plantation and conservation of water was also conducted.

Vadinar

International Coastal Cleanup day was celebrated by ladies by organising a cleanliness activity at Narara beach, Vadinar. A demo on making bags from old T-shirts was given to all ladies with a pledge to 'SAY NO TO PLASTIC'.

Jakhau

Tree plantation Organized wherein 50 Saplings were planted. Kitchen Garden Competition was organized for ladies.3



SNEHA

Gandhinagar

An event was conducted under Outreach for old age people at "Rahebla Vruddha-ashram" of Nirmal Sewa Trust wherein, an eye check up camp was Organized for 50-55 aged persons. Further spectacles were distributed to them and oxygen cylinder was also donated to the Ashram. Spectacles were distributed by the Regional President (NW) at the Ashram.



Porbandar

Inmates age group 05 – 25 years of shishu kunj- institute for specially abled visited CGAE Porbandar. CGWWA Porbandar donated groceries to these specially-abled kids and adults. Blankets were distributed to casual labourers at Porbandar.

Surat

An outreach activity was conducted at Bal Ashram/Anaath Ashram.



Okha

Outreach activity was conducted at “Prerna Samajik Seva Kendra” wherein ration, gifts and chocolates were distributed to specially abled children. World Disability day was celebrated by members of CGWWA, by spending time with the specially-abled children and distribution of chocolates. Blankets, cloths, ration and basic items were distributed to casual labours.



Mundra

Members at Mundra donated Cloths, ration, toys, and other basic items at a nearby village.



Vadinar

Members of CGWWA Vadinar associated itself with Blind school at Jamnagar and extended help in running various activities at school.



Veraval

Members of CGWWA Veraval Organized an outreach activity for casual labours and security staff. Visit to Old age home was Organized, during which, ration, old clothes, blankets were donated to members.



SURAKSHA

Mrs. Pragma Devi W/O Late R P Singh, P/ Nvk of ICGS Gandhinagar was given grant from CGWWA fund.

SANCHAR

Newsletter/Sandesh was being published quarterly. The Region has also contributed articles for URMI.



SURUCHI

Chennai

Various demonstrations ranging from making quilling and bottle art, healthy sandwiches, modak, payasam, chocolate, custard halwa, til ki laddu, trash bags and gift bags with newspapers, terracotta jewelry, rakhi, keeping indoor plants and micro greens at home, candle making, pizza making on gas stove, natural colours for holi, doormats from old clothes were conducted at regular intervals at Royapuram, Mogappair and Meenambakkam welfare centres which were beneficial for the ladies. A three day meditation workshop by **"Brahma Kumaris Peace Foundation"** on "Positive Thinking and Healthy Mind" was also conducted.



In addition, various competitions viz quiz on nutrition, ban on plastic items at home, debates on parenting, women empowerment, housewives v/s working wives, role of parents during school examinations, tri-colour vegetables carving, homemade greeting cards, summer drinks with homemade ingredients, salad making etc. at all the three CGWWA Kendras were conducted wherein all ladies actively participated.



An informative lecture by the representative of Life Insurance Corporation (LIC) was conducted for updating ladies with all new schemes introduced by LIC and Govt. initiated schemes available through LIC. Different types of saving schemes and insurance plans were explained. Tuition classes are being conducted at Mogappair and Meenambakkam Welfare centres.

President Mrs. Jayanthi Natrajan Made a visit to Chennai. A Milan was organized to welcome her.



Visakhapatnam

Demonstrations on quilling art, tie-die, making of artificial flowers and jewellery, phenyl and room fresheners making by using home ingredients, rakhi making, pot decoration and mud painting were organized at the welfare centre. "Food Mela" of traditional and regional cuisines like biriyani, chat, samosa, various sweets etc. was organized. Informative lectures on "Impact of social media on our life and relation", "Causes and Prevention of Dengue" and "Safe and Prudent Banking" were conducted.



Tuticorin

Keeping in mind the welfare of hard working labourers in the CGRA, the CGWWA members opened a Goodwill centre wherein donated items from Officers and SOs/EPs wives are being kept for the needy. The distribution of items is being done once a month. A mesmerizing cultural programme by Tatrakshika's was conducted depicting various facets and roles played by the women.

Mandapam

Tailoring classes for ladies are being conducted thrice in a week. Dance programs, mehndi competitions and various games were organized during Milans and Coffee Mornings.

Puducherry

Stitching classes on stitching of bags and pouches were conducted for the benefit of the ladies.



Kakinada

Demonstrations on embroidery net using wool and bangle making was conducted.

SRISHTI

Chennai

An environment awareness lecture was conducted by Dr. S Kanmani Director – CTD. Lecture and the presentation on the topics such as segregation of waste material, conversion of organic waste into resourceful energy & methods to control pollution were given. A mega environment activity for healthy and natural environment was conducted at RHQ(E) on 31 Mar 19 covering the following:-



- (a) Lecture on “CutCookCompost” session which talked about solutions about segregation and composting alternatives for single use plastic products.
- (b) An aerobin composter of 200 litres capacity to decompose organic waste.
- (c) Four bins for disposing dry waste.

The aim was to introduce waste management at RHQ (E) office and mess. The compost produced is used for the maintenance of greenery at office premises.

A lecture on “Ban on Plastics” and its bad effects followed by quiz was also conducted.



Visakhapatnam

An awareness program on benefit of indoor plants and a presentation on ‘Compost Pit’ was delivered by a NGO. A lecture on ‘Reducing usage of plastic/polythene in daily life’ was conducted. A lecture for care takers of orphanage was conducted wherein they were enlightened about importance of cleanliness and maintenance of hygiene in surrounding.

Tuticorin

Tree plantation drive on the occasion of World Environment Day was conducted.



Mandapam

Tree plantation drive at school premises was undertaken and an informative lecture on importance of greenery in today’s world of climate change and global warming was delivered.



SANJEEVAN

Chennai

A health camp on simple yoga asanas by “ISHA Foundation” was Organized. The trainer trained the attendees through audio/video visuals alongwith a demo on stage.



A demo and lecture on innovative means to provide first aid to medical emergencies was conducted by ‘ALERT’ NGO. “ALERT” organization is actively involved in training the common man to provide on-site first aid to all medical emergencies. The highlight of the demo/lectures was the out of box and easy way to handle medical emergencies.



A mega family medical camp was organized in coordination with Chettinad Hospital for all units based in Chennai on 23 Mar 19. General Eye & Dental checkup, HT, WT, BP, RBS, Thyroid, ECG, ECHO, General medicine and Gynecologist consultation, Bone mineral density test, ENT & Orthopedics/spine care, Cardiology & Pediatrics consultation were undertaken.



Visakhapatnam

A health camp including obesity checkup, BP test, ECG analysis, blood group analysis and demo on CPR by using Mannequin was conducted in coordination with renowned cardiologists from city's prestigious hospitals, KIMS sheelanagar, star principle and Dr. Lal Path Labs. An informative lecture on how to keep ourselves free from different kinds of germs and how to keep our hands clean was delivered.

Tuticorin

Eye checkup camp in coordination with Aravind Eye hospital was conducted. A lecture on basic life support was delivered by District Medical Officer.

Mandapam

Yoga was conducted as a part of International Yoga Day. Yoga guru from Rameswaram Vivekananda ashram had come to enlighten the attendees about yoga and its benefits.

Puducherry

A lecture on Diabetic mellitus and its complications was delivered by District Medical Officer.

Kakinada

A family medical camp in coordination with specialists from INHS Kalyani was conducted.

Krishnapatnam

Health check-ups were conducted by the Station Medical Officer and CVR Hospital.

SNEHA

Chennai

Visit to the Guild of Service, Home for the handicapped children, Anna Nagar and Avvai Homes and Orphanage was organized. A visit of underprivileged children onboard ICGS Sarang was Organized. Various items viz ration, stationary items, lunch box & other useful items were distributed to the children.



Visakhapatnam

Outreach activities included visit to orphanages “Papa Home for Girls” and “New Generation Yuva welfare society”. Donation of basic utility items viz mats, clothes, ration, etc. to the needy was carried out.



Tuticorin

CGWWA members distributed emergency light appliances, dry ration and refreshments to underprivileged families of Tsunami colony. Visit of orphanage children onboard ICGS Aadesh was organized. Items collected at Goodwill centre, were distributed to casual labours working in the CGRA.



Mandapam

CGWWA Members as a goodwill gesture and part of outreach activity distributed clothes to all the labours working at CGS Mandapam.

Karaikal

CGWWA members visited Navakiraga and Sapthaswaram orphanage and child care home and distributed eatable items donated by families of Officers and Ship's coy.

Kakinada

CGWWA members visited orphanage and donated some basic utility items to the orphanage house for the welfare of the children staying there.

Krishnapatnam

CGWWA members visited “Nirmal Hruday” orphanage and donated various sports items, clothes, etc for their welfare.

SURAKSHA

Chennai

CGWWA committee members presented induction compatible cooker and sweet packets as the Diwali gift to all the Suraksha Members on 02 Nov 18. During AGM – 2019, an education grant was given to the eligible children of deceased CG personnel. Suraksha cell worked tirelessly to look after the widows and constantly reassured them of continued support.





SAKSHARTA

Chennai

A Career Counselling Session by a well-known counselor Mrs. Devika Rani for the students of class IX to XII along with the parents was organized. This session imbibed several values and benefits in choosing their career as they were on the cross-roads of starting a new chapter of their lives.



A workshop on development of communication skills was organized. The speaker gave emphasis on listening rather than speaking. The workshop was followed by an interactive session of group discussion on Beti Bachao – Beti Padhao.



A mega group counselling session in coordination with Chennai counselling team was undertaken for Fathers, Mothers and Children separately. Children had orientation in topics related to them and had an assessment & activities session separately. Discussions on topics viz parental dimensions, parental styles and parents influence on their children were held for the parents.



A brief talk on Period Love and bleed green was organized. The ground realities of effects of menstrual myths and taboos and how it is impacting the state of hygiene among girls and women was told. Ladies were told about reusable & washable cloth pads and Menstrual cups which are social, economic and environmentally sustainable measurable choices.

Visakhapatnam

Workshop on “Happy We” was organized by a senior psychologist. The secrets of staying happy were shared and importance of self-love and believe in yourself was explained.

Krishnapatnam

Theme based painting competition by CGWWA members was organized for local school children along with Coast Guard wards. Preservation of environment was the theme.

SANCHAR

Chennai

Sanchar team brought out the newsletter 'Sandesh' which gives an account of the CGWWA activities conducted in the region. It also shortlisted, compiled and edited the articles for the 'URMI' magazine.



Sanchar team conducted a workshop on Self-Defence Tactics. The workshop covered following:-



Common issues faced on the street

Vulnerable spots of the human anatomy

Choices one have in an ugly situation

Social media safety tips and how to use mobile safety apps

Self-defence tools one should carry and how to use them

Following techniques were also discussed & shown practically:

- Release from hand holds
- Release from hair holds
- Release from chokes



SANSKAR

Chennai

Various activities on colours, shapes and theme based activities were conducted in CGKG Royapuram, CGKG Mogappair and CGKG Meenambakkam in the preceding academic year. All the National and Religious festivals including Teachers Day and Children's day were celebrated in the schools with great enthusiasm. Apart from above, various other activities like Puppet show, means of transport, safety rules & traffic signal rules were also showed/ taught to the children. In addition, as a part of familiarization, a field trip to market, air station, fire station & rail museum was



organized for the kids. Medical check-up was also organized for the CGKG school children. All three CGKG school Annual Day was celebrated in the month of March. Kids from all three CGKG schools had presented their program enthusiastically in the form of beautiful dances

which was well appreciated by the audience. Post completion of final examination and announcement of results, a Graduation Day was celebrated by the respective CGKG schools for UKG kids and good luck was wished for the next stepping stone.



A lunch for the school principals and teachers of all the CGKG schools in appreciation of their services was Organized. The new session for this academic year has commenced w.e.f 03 April 19. Kids were given a warm welcome by the teachers.



Visakhapatnam

Activities like Annual day celebration, felicitation of teachers, Janmashtami celebrations, Independence day, Republic day and Teacher's day were organized. Children's day followed by a talent show was conducted in the school where children exhibited their talent in form of dancing, acting and singing.

Tuticorin

CGKG School under the aegis of CGWWA, celebrated the Annual Sports Day and Annual Day Function with great enthusiasm. Swachhta Pakhwada was Organized in the school where tiny tots were taught about the importance of cleanliness. Tree Plantation drive was conducted at CGKG school premises. All teachers and kids participated in the event.

Mandapam

The CGKG students had fun filled year. Annual Day Function was Organized where kids have mesmerized the gathering with their epic performances.

Coast Guard wives welfare association (A&N) is actively conducting various activities to garner bonhomie and create awareness about the roles and responsibilities of the organization.

SURUCHI

Under Suruchi various demonstrations, competitions, motivational lectures, picnic as a part of tatrakshika day celebrations, CGWWA MILAN and AGM-19 was conducted. In addition classes for children on abacus, drawing, karate, dance and badminton are also being conducted. On 10th March 19 Tatrakshikas (A&N) reached out to the local population of Shoal bay, a remote part of these pristine islands with very limited facilities. A welfare camp was set up. Health check up of ladies with more emphasis on Gynecological issues was conducted. A address in local language was given encouraging the people to come up with Gynecological issues, since the camp was specially set up for that purpose. The camp included participation of 200 residents. In addition to health check up, Ladies were educated about use of sanitary napkins during menstruation and use of Dettol in maintaining hygiene at home and in washing clothes. Hygiene related Items were distributed among the ladies and children who came for check up. CGWWA had also donated items for children at Anganwadi centre. Refreshments were also arranged for everyone at the camp. Outstation units have also conducted Tatrakshika day, cooking classes & MILAN with limited resources available.



SANCHAR

All the activities of CGWWA are being covered by newsletter Sandesh.

SURAKSHA

A motivational interaction was conducted with the widows of late CG personnel. The ladies shared their experiences and journey of life which motivated and inspired the group.

SANJEEVAN

As part of sanjeevan medical lectures on breast feeding, first aid, cervical cancer and health camp was conducted. Yoga classes and a routine checkup of ladies was undertaken. Outstations had conducted medical camp, yoga session and CPR lecture for ladies.





SANSKAR

In this endeavor the children are imparted deep knowledge about our rich culture, heritage and diversity by celebrating all festivals, tree plantation & swachh bharat abhiyan, visits to museums and various activities & competitions. Regular health check up is also conducted for children to ensure children are fit physically & mentally.

SRISHTI

Srishti team has conducted tree plantation, lecture on "say no to plastics" & waste management, visit to CIARI, competitions on best out of waste & essay writing. Outstation units have organized cleanliness & sapling plantation drives in the premises of coast guard.



SNEHA

The team has visited orphanages at port blair and distributed stationeries and hygiene related items to children. Visit of children onboard ICG ships was also conducted. Outstations have also been visiting local orphanages and motivational lectures on Beti Bachao Beti Padhao were conducted.



SAKSHARTA

Lecture on Post office investment scheme was given to ladies. Emphasis was more on Sukanya Samriddhi account and its benefits. The lecture was beneficial for the ladies.

CGWWA ACTIVITIES HEADQUARTERS



CGWWA ACTIVITIES WEST



PARENTING IN A CHANGING WORLD

For many of us, looking back to the values of the traditional family in those years has little meaning or connection to our present two career, urban family. In this article, I want to take a creative look at the needs of the often smaller family in our modern, highly technological, career-oriented world.

No matter what the environment, or what our time period, the needs of children are the same. They have needs for love, security, nurturing, training, relationship and a sense of belonging. Certainly, the two-parent family with the availability of an extended family is still ideal, but not always possible. Therefore, we must create a model of parenting that fits our present circumstances.

I believe we need to re-establish the nobility of parenting-motherhood and fatherhood. Before mothers worked outside the home, it was the mother who became the glue to fill in the gaps and tie the family into a whole unit. For example, if Junior was ill, Mom was at home to care for him; if Dad couldn't find his important papers, Mom searched the house and took them to the office. She ran the errands, was the taxi service, supplied the household, and was there when a parent was needed. This role, although often sacrificial, had its own rewards in experiencing the pride and joys of motherhood.

Parenting is a noble art. It takes thought, planning, time, and the right attitude to be a good parent in today's world. The effort made will realize no monetary returns, but the rewards of happy children and families are more than we often want to recognize. After all, what do we do with the money we earn? Some of it goes to buy the pleasure which comes free with a happy family. Let's look creatively at some of the problems that parents face and solving them in today's scenario.

Ultimately, every child must know that somebody loves him or her enough to make the sacrifices necessary to parent that child. Parenting is a wonderful God-given opportunity to give and receive love. Carelessness or lack of attention to parenting in our younger years may deny us its rich rewards in later years.

The setting and the pace may be different from those "good old days"-but the exchange of love is the same and every day is an opportunity to watch it grow.

Asha Rani
MTS, (2340)

"You know you're in love when you can't fall asleep because reality is finally better than your dreams."

- Dr. Seuss

PARENTING IS RESPONSIBILITY



Parenting is a:
Responsibility and
role on call
Job above all
Skill to be learned
on others footfall
Double role- of
a mother and
TEACHER as they
call

Every soul on this globe has been groomed and nurtured by some of the other responsible pair of hands, because of which they contribute to their upliftment and society's development. The role of a parent has not changed since the times of Devaki and Krishna to the present day. Parenting is an amalgamation of sacrifice and solace, patience and perseverance.

While god has blessed women to bring life on this planet, he has also given a big responsibility to mold that soul into a humble and humane personality. This is the biggest challenge in today's world, with the extreme influence of violence, hatred, corruption, lack of empathy and the negative impact of technology.

A parent today has to be more careful in grooming his/her child, as there are several factors affecting the child, not just you. Today as a parent, we have to be more articulate and updated to fall into the shoes of our children. Earlier parents followed the means of corporal punishment and performance criticism to keep the ball in their court, but today such adopted methods are off from the book of PARENTING. As a parent, even I believe criticism and comparison play a big role in de-motivating a child. Keeping in mind that every individual is unique, we must let each child fly and rise with their own independent wings.

With changing times and relations, immense

exposure to technology and expertise, parents of today must be more understanding than undertaking.

I believe:

Listen to them; they will love you

Let them fly; they will reach out for you

Let them make mistakes, for advice they will look back at you

Let them try; they have learned this from you

Let them struggle, they have seen you

When they cry, be with them to believe in you

When they are happy, share with them as they expect from you

When they want to be independent, it's your support they need from you

Be their strength; they are doing this for you

So that you can say, "I AM PROUD OF YOU."

Parenting is a subject which is changing its syllabus and methodology ever since it was introduced in this world. So the learners of this most expressive and interactive subject need to be ever ready to improvise and improve with changing times and requirements.

Someone once suggested me a book to get tips on parenting while I was about to become a proud mother, but even then I believed no one could teach me how to fall in love with my child and do mine best at every moment to become the best mother. Parenthood is a gift to each one of us to cherish and ensure that your child finds his/her most wonderful teacher and the best friend in YOU.

Mrs. Ekta Sneh

W/o Comdt Raman Kumar

PARENTING, NURTURING TO PRIDE



P a r e n t i n g is the most important job one will ever have. It is also one of the most challenging job. The job of parenting changes as one's children grow and mature

requiring to adjust to the needs and ages of children. Parenting in today's changing world plays an important role in the life of parents. Parents have to focus on following issues which can help to guide their parenting in healthy and positive ways in now-a-days.

Recognizing children for their effort is as important as the actual effort. For example, if a child has just folded the laundry, celebrate that effort and accomplishment even though it may not be folded exactly the way an adult might have done it. Encourage children to talk openly and let them know that talking through their feelings is a healthy way of expressing themselves. Provide children with the words and be a role model by talking about their own feelings.

Discipline is a method of teaching children life-long responsibility and acceptable behaviors. Punishment, on the other hand, tends to force children to behave a certain way and does not allow for children to be responsible for their own behavior. The use of natural and logical consequences when children make mistakes or misbehave allows for discipline that teaches responsibility and life-long learning. Teach responsibility by giving children frequent opportunities to practice making decisions about what he or she needs to do in a given situation. For example, instead of saying "You made a mess, you left your dishes on the table and you need to take them to the sink and rinse them." Try saying, "The table is a mess, what do you need to do to get it cleaned up?"

Parents should never tell a child that 'he' or 'she' is bad. This really hurts a child's self-esteem.

Communicate to the child that it isn't that parents do not like 'him' or 'her', but it is the behavior that you are unwilling to tolerate. For example, instead of saying, "You are acting like a baby," try saying, "I know you are upset but I can understand you better if talk to me in your regular voice." A child must know that parents love is unconditional and although he or she may be upset with his or her behavior, it does not affect parents love for him or her.

We all lead busy lives in current changing situations of world and often we are thinking about all we have to do rather than spending 100% of our attention being with and listening to our children. We sometimes pretend to listen or unintentionally ignore what our children are saying. If we don't give our children 100% attention, they will start to misbehave. In a child's mind, negative attention is better than no attention at all. Remember that your child's feelings are important to recognize. If your child says, "Mom you never play with me", (even though you just finished playing with her) she is expressing what she really feels. It is important to validate her feelings by saying, "Yeah, I bet it does feel like we haven't played in a long time." Parents are all busy, but it is important to remember not to take your job home with you. When parents bring job related stress home with them, they are less tolerant and more prone to argue with their children.

Busy parents have a limited amount of time to spend with their children. Spending time with their child, no matter what the age, is extremely important. It is the quality of the time spent (reading together, playing, asking questions), not the quantity of time that is important. Communicating with the child encourages him or her to tell that what he or she is thinking and feeling. This will improve vocabulary and develop thinking skills, all of which are important for success in school and life.

Quality time can happen at any time or any place. The quality of the time parents already spend together can be made even better, by talking with and listening to their child. Driving in the car or

riding the bus, walking through the neighborhood or going for an ice cream after dinner are all good times to talk together and stay connected. Children of all ages enjoy having full attention at bedtime to read or talk together. Reading together offers ways to discuss important issues that may not be discussed otherwise. Being a good parent is not about saving time—it is about investing time. Our children need daily encouragement and quality time with us so that they will be strong individuals and successful adults.

Healthy food is the primary building block for a child's physical growth, brain development and ability to resist disease. Food also affects a child's emotions, sense of well-being and ability to learn. As we all know, now-a-days all food products are of hybrid and cultivation is being carried out using high level of fertilizers for better yielding, parents and family members have to guide children in:

- (a) Modeling and making smart choices from every food group
- (b) Finding a balance between food and physical activity
- (c) Monitoring healthy amounts of good foods.
- (d) Avoid habits of junk food outside which ultimately curtails down your expenditure towards medicines

In today's changing world children get a very lesser time for Physical education and regular exercise which provide the optimal opportunity for all students to learn and develop the skills, knowledge and attitudes necessary to decide to participate in a lifetime of healthful physical activity. Parents and family members have to:

- (a) Promote and model a physically active lifestyle
- (b) Provide opportunities for children to participate in school and community activities which allow for movement and exercise such as team and individual sports programs, dance, martial arts and other activities
- (c) Model responsible personal and social behaviour in a physical activity setting
- (d) Provide other opportunities for physical

self-expression, challenges, social interaction and enjoyment.

A healthy and safe environment for children supports a total learning experience that promotes personal growth, healthy interpersonal relationships, wellness and freedom from discrimination and abuse. Families can maintain a healthy environment by:

- (a) Supporting the child's personal safety through a violence/harassment-free environment
- (b) Keeping the child's home environment inviting, clean, safe and in good repair
- (c) Providing an environment where children and all family members feel accepted and valued and high expectations are set for personal behaviour and accomplishments
- (d) Encouraging "global" citizenship through environmental awareness and activities that promote the child to act locally in the community
- (e) Creating and maintaining a home environment that is free of tobacco, alcohol and other drugs.

Families can support healthy social and emotional well-being in children and youth by encouraging:

- (a) Acceptance of self
- (b) The ability to express thoughts and feelings in a responsible manner
- (c) Understanding and respect for differences in others
- (d) Positive interpersonal relationships
- (e) The ability to give and receive support
- (f) Balance between meaningful work and play
- (g) Awareness of stressors which interfere with health development
- (h) Willingness to request assistance when needed

Discipline is a method of teaching children life-long responsibility and acceptable behaviours. Punishment on the other hand, tends to force children to behave a certain way and does not allow for children to be responsible

for their own behaviour. The use of natural and logical consequences when children make mistakes or misbehave allows for discipline that teaches responsibility and life-long learning. Below are some examples of natural and logical consequences. Think about how these can be used with your child.

- (a) Be responsible for their actions.
- (b) Recognize both parent and child's rights.
- (c) Focus on present and future behaviour.
- (d) Make decisions and learn from mistakes.
- (e) Develop mutual respect between parents

and children.

- (f) Feel encouraged and develop positive self-esteem.

No matter how busy parents are, spending quality time with their child cannot be put off. Giving personal time and effort to a child will provide many long-term benefits for both parents and children.

SK Sahu
Adh (WTR)
03815-W
ICGS Sujay

WHAT INDIAN WOMEN NEED TO ACHIEVE?



International Women's day on March 8th is a global day celebrating the social, economic, cultural and political achievement of women. At that forum when asked what do Indian

women need today to be really empowered, some of the influential women of our society gave some exciting and information insights and shared their experiences.

Indian women need a mind-set change about what they can and cannot do. They need a change of perspective about the role of women in society in general outside the traditional roles of being mother, daughter and wives. The change needs to start with women themselves, how gender roles defined between sons and daughters at home. If you don't empower your own home, how do you expect them to empower themselves in the future? This will set the fundamentals of empowerment based on financial independence

training and education.

Indian woman needs to get out of her own way! Women are scaling heights like never before in all arenas. We have witnessed young Indian women acing competitive board exams, winning in international sports forums like gymnastics, wrestling, badminton, running etc. They have further endeavoured and achieved new heights in leading managerial and executive roles in top organizations as well as their own ventures with unparalleled entrepreneurship. We need to recognise the talent they inherently have and become road blocks in their success.

Indian woman needs encouragement many women fade away as they reach mid-life stages due to social & family obligations and the enforced "guilt factor" associated. A little encouragement can pave way to ensuring greater success and a healthy lifestyle balance. This would further empower them to build a better home and a better world for all.

Champion Women and Cheer them!

Sachin, U/Nvk (AL)
CGAE Bhubaneswar

WHAT WILL BE YOUR LEGACY?

Since the time that the child is no more than a dot inside the mother's womb as parents we promise to protect them from the evil of the world. From the first breath of the little one to the first step each with milestone as a parent we keep repeating the promise. But as the child starts growing older and falls a few times before it no more requires your finger to walk straight it seems little more difficult to keep the promise.

Now as it starts to ask questions: initially what, why and then how. First the questions are straight forward about simple things that it observes and absorbs in its own fantastic ways, still untouched by the complexities of life. This is also the time that the child slowly develops the value system that will serve as the moral compass as it explores deeper into the zig zag lanes of life.

As it grows older, observes not just objects but people and assimilates even mores, and questions comes back to the parent, because they believe it is where they will get all answers. But now the questions are difficult, they deal with topics which are may be 'not good' or so to say not as per the 'sanskars'. As parents, we make these excuses to hide our inability to handle sensitive topics or ignorance on any subject matter. These topics are either brushed aside or discouraged to be discussed or if persisted upon are given a loud shut up call stating a fact that has no relevance to the topic i.e "I am elder to you so whatever I say is right." All of this so that we can protect them from the evil of the world by turning a blind eye to the uncomfortable realities of life. But, will not discussing or answering those questions really protect them? Is it really right to just shun away any topic or force these impressionable kids to believe in something which may be contrary to the evidence available to them just in the name of astha/ belief or sanskar? In today's world where information is available on everything from every

perspective, is it not important to actually listen and discuss even the most disgusting topics? Because denial of somethings existence does not make it go away. Crooked facts, hearsay and easy availability of unreliable information can make these children create their own belief system which might be more skewed than what we already have.

The problem with this style of parenting is the kids never learn to discuss difficult unpleasant topics in civil way. But they learn to impose their belief system on someone else because that is what has been done to them and they believe that is the only correct belief system and when some one disagrees with their point of view now that grown up child has learnt that by aggression you can shut up every point which is contrary to your belief.

But is it really the world we want our kids to built? Is it really the legacy we want to leave for our the next generation? Do we really want to pass on the beliefs deep rooted in our ignorance of the understanding about the very existence of the beliefs or do we want to leave behind a legacy of lessons from our mistakes so that the next generation can learn from them. Do we really want a world where each fight to prove their point to a point of self destruction or want to them learn to give respect to each perspective and learn to live harmoniously despite the difference of opinions. Do we want them to perish believing in something they never really understood or do we want them to flourish even with all the differences. After all did we not promise to protect them.

Surg Lt Soham Das

76307-Z

PMO, ICGS Vaibhav

FINANCE TOO IS MY DOMAIN! !

“You must gain control over your money or the lack of it will forever control you”

There are so many things that you, as a woman, know and understand, without being taught or told. The family you have been married into. As you adjust to the culture of the new family, their every need becomes the consuming focus of your attention. Husband's daily routine. Children and their demands, looking after in-laws and the extended family. With caring thought for parents in your mind all the time.

Money by itself is not important but what it can do for you surely is ! It is an undeniable fact that money can help us lead a more comfortable life. As our earnings go up, so does our lifestyle and soon we realize that in the absence of even a small portion of what we regularly earn, we and our families may have to compromise on our living standards. Given the important role money plays, the casual attitude we have in managing our money is surprising! This is especially true about what we save and how we save. Many families save what is left after spending and this saving too is generally done causally without any thought. The savings are trust money for the family's future and should be done with care. A wrong investment can generate lower returns than expected and in worst case scenario result in loss of capital. Awareness helps one to choose between the right and wrong.

How do you manage the household on a tight budget?

Look for bargains. Economise. Judge what is essential and what the household can do without. But make sure that every festival is celebrated with full enthusiasm. When someone falls ill, you pull out a little cache set aside. When important milestones are reached, like a daughter's marriage, the trousseau and jewellery are the result of an effort put in over the years.

Where does the buck stop?

When it comes to money management, some of it is self-taught while some of it is in our genetic make up. The discipline in setting aside small (sometimes large) sums for anticipated events and unforeseen eventualities and patience in waiting for the sum to build up and for the goal to manifest are key rules. However, there are many more needs and goals that necessitate planning in a world that seeks gratification of wants. The family also needs to eat our often, go on annual holidays, admit children in a school with a pedigree, buy a house in an 'ideal' location, arrange the wedding at a 'resort'- in addition to the festivals and birthdays. And let's not forget about retirement.

Do you need a tangible saving plan?

A core family expense of Rs 20,000 per month would go up to Rs. 1.2 lakh per month in 30 years assuming a six per cent annual inflation rate. This implies building a corpus for yourself by the retirement age. You need to now make that family income 'do' more, much more. Putting money aside, either in the 'secret' cubby hole or in the savings bank account is not enough. Even the fixed deposit would give you 'returns' marginally above the inflation rate. Put some savings in gold, but not beyond the essential requirement as it does not give you real returns. So you, who have been an outstanding 'saver' must now become a sensible 'investor'.

Do you feel this is beyond your comprehension?

Investing is more about behavior than about knowledge. Most of us already have the attributes of an ideal investor. We have always thought long term and have always put aside money regularly. Build on these attributes. But do you need to understand equity market and interest rate volatility as well? Not really. Be aware of asset

classes and that volatility exists. Choose equity for longer term goals and debt or balanced funds for shorter term. SIPs (Systematic Investment Plan) for accumulation stage and SWP (Systematic Withdrawal Plan) for consumption stage are useful tools. Develop an 'invest first, spend later' rhythm. Start with smaller goals.

Prudent Financial Planning secures our future and small steps of caution and informed decisions can protect our finances. It is not difficult to safeguard your finances, provided you follow the simple rules of the game. Be careful while using technology and watch out for 'Red Flags' while investing. Finally, consult professional advisors to understand the investment pyramid, take informed decisions & do develop a disciplined investment strategy that is reviewed regularly.

Food for Thought

I leave you with the following quotes by the famous Warren Buffet:

- **Spend Wisely** – "If you buy things you don't need, you will soon sell things you need".
- Don't save what is left after spending. Spend what is left after saving"
- **Save for the unexpected-**
- "Someone's sitting in the shade today because someone planted a tree long time ago"
- **Limit what you borrow-** You will not become rich by living on borrowed money. All loans should match your future cash flows. A debt free life is the best life"
- **Risk-** "Risk comes from not knowing what you're doing"

Nirmala Hasija

PS, Directorate of Material



FINANCIAL SECURITY AND EMPOWERMENT FOR WOMEN

"Financial literacy for women translates into a financially better future for the entire family!"

Today's woman has many roles to fulfill that range from being a caring mother, a fantastic cook, home designer to being a working woman. The changing times have redefined the role of women that involves stronger financial literacy.

Financial independence is the key to happiness and confidence for the modern woman. It is not only important for women to earn well, it is equally important to invest this hard-earned money well, so that she is able to take care of herself and her family in unfortunate contingencies. As Coast Guard officers' wives, where sometimes we give up our careers to be with our children when husbands are posted on board ships, it becomes even more pertinent to be financially literate.

Women by nature are super savers (look at the amount of money that was unearthed from our cupboards during demonetization drive!). Can we however, secure our children's or our own future by merely saving?

Difference between Saving and Investing

Saving is putting aside money at a safe place, while investing is putting aside money in a financial instrument with the intention of generating a return over it. Saving just accumulates money for a rainy day, whereas investing helps to make our money grow! The power of compounding is the eighth wonder of the world that helps us to generate large corpus by investing regularly over long periods.

The challenge however is to choose the best investment option. As one goes about investing, there is a fear of not choosing the right thing or

worse still losing money!

So is it better to put all our money in Fixed Deposits at bank, buy a plot of land or invest in the share markets? The choice would very clearly depend on our requirement.

By Doing prudent and timely planning a corpus can be created for foreseeable expenses towards our children's requirements such as higher education, career set up and their wedding. These are very important because they can neither be postponed nor there be a compromise on the amount. Let us take an example of a scenario where we are saving for the future of our beloved children!

I think to discuss this is need of an hour. Earlier we started thinking about second income now moving a step ahead must start thinking about second investment.

Planning for Our Children Future ...should start the day the child is born!

It's the dream of every parent to facilitate the best possible upbringing for their child and assure the best future for him/her. The cost of education rises by 10% every year which means that we would be needing much more for the higher education of our children than ever before.

Example: Let us assume that our child is 8 years old and if she were to go for higher education today, this would cost about Rs. 10 lakhs. Thanks to inflation this cost, 10 years later, when he/she is 18 years old would be about 26 lakhs!

Cost of Education today	Inflated Cost of Education when the child is 18	Rs. 10000/ month invested in fixed deposit for 10 years	Rs. 10000/ month invested in mutual funds for 10 years
10 lakhs	25.93 lakhs	16.67 lakhs (shortfall)	26 lakhs (Bulls eye!)

It is clear from the above example that the same amount invested for the same period in different instruments has yielded different corpuses. So unless we choose an investment option wisely, we may not have enough to meet our future requirements.

Our future financial security largely depends on our decisions today. With so much at stake it is surprising that we take money and investing so lightly! Most people invest without understanding the products on advice from friends or relatives and we women hardly ever get involved in the investment of the family money. Let us therefore take the first step towards understanding the various investment options.

Fixed deposits in Bank.

Most people forms of investments where in one can park their funds and earn a fixed rate of interest. This return is generally below the rate of inflation and is taxable. Contrary to popular belief that money here is most secure, the money in banks is insured only up to Rs. 1 lakh per individual.

Postal Schemes.

- PPF (Public Provident fund) Similar to the DSOP, also gives tax free returns and tax benefits. The current rate of interest on PPF is 7.5 %. One can invest up to Rs. 15 lakhs per annum in this scheme. Working women can invest here and get tax benefits while generating wealth.
- Sukanya Samridhi Scheme is for a girl child aged between 0 to 10 years. This is a Govt Scheme and gives a fixed return of 8.5 - 8.1% with tax benefits. The scheme is active for 21 years or till the girl becomes married. 50% this corpus can be withdrawn after the child completes 18 years for her higher education.

Mutual Funds

Mutual Funds are investment vehicles that are suited to all investors. One can start an investment here with as little as Rs. 500 per month. Your money is further invested by professionals into a basket of well researched stocks that give returns. Mutual funds are of two types.

- Equity mutual funds invested in a basket of stocks/shares of companies
- Debt mutual funds invested in a basket of bonds etc.

SIP (Systematic Investment Plan)

These are regular investments of a fixed amount in mutual funds on a monthly, daily or weekly basis. These are smart and easy investment options that lower your cost of purchase over long term and help to create wealth.

Illustration

Invested amount (Rs.)	5 Years (lakhs)	10 Years (lakhs)	20 years (lakhs)
10000	8.6	26	131
20000	17	52	262
30000	26	78	393

Insurance Schemes

In the uncertain times of today, Life insurance provides a level of security and certainty for out family's future. Where Term Insurance is a mandatory requirement and should be taken up to 10-12 times of one's annual income, insurance linked with investment should be avoided.

Gold as an Investment Avenue

We love the colour of Gold and would buy jewellery we have some money. However, when

looking to invest in gold, the Gold ETF or the Sovereign Gold Bonds would be the best options. These bonds give an assured return of 2.5% till they are held and on maturity sold at the prevailing price of gold.

CONCLUSION

The modern woman of today while performing a balancing act between career, home and family needs to add financial wellbeing and investing into her 'things to do' list. This will not only make her financially independent but help her to contribute in the fulfilment of her children and husband's financial goals.

Dealing with money is no longer a option for women, it's a must. Attitude need to change and TODAY definitely does not seem too early to make this promise to financially empower yourself, thereby empowering your family too!

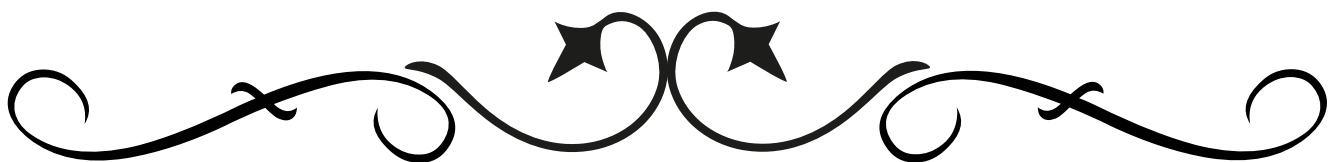
So cheers to a new beginning with financially empowered woman!

Compiled by Indu Sahni

W/O DIG Sudhir Sahni

"Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind."

- Bernard M. Baruch



MOMS IT'S NOT YOUR FAULT

We are done with the silence around mom-shaming. So mothers, look the shame in the eye and walk away.

Our son was just four years old and had started school, and my husband and I were excited about our first interaction with his class teacher. We were summoned into the classroom where the class teacher sat on a big chair, and we were asked to sit on tiny kiddy chairs. We found it a little unusual but as we were new to the power structure within a top league school in the UK, we sat down and the teacher started telling us in no uncertain terms what was wrong with our child. He was restless, did not listen or do what he was told and was always in his own world. The odd thing was that she seemed to be looking at only me with a highly disapproving look and I could sense cringing shame freezing me. The same kiddy chair that was tiny a little while ago suddenly seemed too big as I started to feel smaller and smaller. It was like I was back in school and being reproached for being such a failure. But this time as a mom.

Obviously, in the teacher's eyes, I was messing it up – working mother, Asian and not teaching right manners to my child (yes, she actually mentioned his manners). I tried to clear my throat to speak, but only a croaking sound came out. Then suddenly, I thought of our son – our vibrant, curious, warm-hearted little boy and realised that I would not leave till I had my say.

In a tentative voice I asked her, "You have told us all that is wrong with our son but I wonder if there is anything you have to say about what he is doing well. I am sure in these three months with him, you would have picked up something?"

From the look on her face she was not expecting this question and as she fumbled with her papers, desperately trying to look for an answer there, we got up and left. And in a week's time, we had taken our son out from this prestigious school and put him in another little school by

the river where he spent happy days gathering tadpoles in tanks and where I was accepted with all my working – mother scruffiness.

I do not think there is any mother who has not experienced shame sometimes or the other in her life. It comes with the territory. Become a mother, make guilt your middle name and live with shame. It really does not matter if you work or you do not, if you are tall, thin, big built, outgoing, introverted, urban, rural, famous, working or not working – shame will find a way to you somewhere or the other. Some of us become more vulnerable if our children are not seen as being good enough – not pretty enough, not intelligent enough, not of the right sexual orientation or gender, socio-economic level or accomplishment. Then there is that nauseating shame that is directed at women who cannot or choose not to have children or mothers of children with disability as if saying, "your child is defective and so are you."

To the dads there, please do not feel upset that I am excluding you but I am sure you will admit that this variety of shaming is quite unique to moms. It is relentless and there is no way out. For example, working mothers are told, "Why did you have kids if you wanted to work?" or "I would never leave kids with maids." Stay-at-home mothers are told, "You are wasting your time sitting at home and doing nothing." Then of course, we have all these sticky labels that are directed at us – helicopter mom, tiger mom, drill sergeant mom, hummingbird mom, free-ranging mom and the latest I heard was snow-plough mom! Why is there this compulsion to brand us into neat boxes when we all know there is nothing like that? If you are like me, then in a day I can switch from tiger to helicopter to "leave me alone", depending on what the day is like, what the kids have been up to and honestly, who is watching and judging me.

Whatever kind of parent I might be, one thing I am sure I am not – a perfect parent. I have made mistakes and continue to do so. And I am fine

being imperfect though I must admit in my most vulnerable moments I sense shame creeping in very stealthily.

The thing is, mom-shaming is coded into our culture – it has deep roots in our history but due to various reasons, this problem is getting amplified to a whole new level now. Parenting has become one of the most significant measures of our worthiness. Social media makes it even worse as every achievement is being plastered for the world to see and your absence of glowing updates is there for the world to judge. The saddest part is that it is women who end up policing and judging each other. A mother shared with me, "My school mothers' Whatsapp group is giving me sleepless nights – they are constantly trying to outdo each other. Being a working mother, I cannot keep up with all the homework, exams, after-school activities, I am too scared to ask for help as I know that I will immediately be made to feel ashamed of neglecting my child."

Parenting is not a Race

Be Kind. It is so easy to judge others but we really have no idea what is happening in their lives. The child wailing on the floor of the mall might be on the autism spectrum and struggling to self-regulate in the high sensory overload, and the mother who has missed her daughter's performance in school has done so probably due to a last minute crisis at work. She would be feeling horrible enough already for us to make it worse by our judgements. We would not judge a father for missing it, so why do we have a quick judgment for mothers? I have a special request for teachers – PTMs are not an easy time for all parents and their kids, so please be compassionate. Each parent is fighting a battle you know nothing about. And all of you perfectionist moms, stop being so harsh on yourself. Ann Lamott spoke for all of us when she said, "Never compare your insides to everyone else's outsides."

Keep your sense of humour. If there is one thing I have learned as a parent it is this: no matter what happens, keep it light and see the funny side. Your child will say things that will embarrass

you in public; she will not pretend, perform and perfect the way the society demands, but if possible, laugh it off. After our PTM fiasco, we refused to let that description define our son and instead turned it into a family joke. Humour is a great antidote to taking the edges off shame-inducing experiences.

Speak up. Shame festers in silence, secrecy and judgement, so speak up. Talk about your hardships with postpartum depression after childbirth, your son's struggles with dyslexia, your daughter's bullying in school, your teenager's mental health difficulties. Children have sensitive radars for secrecy and shame as they immediately tend to attribute it to themselves. As a teenager told me, "if my mother believes she has been a failure as a mother, it means I have been a failure as a son." If they see you talking about it openly and lightly, they take it lightly too. You do not have to put it up on social media but share your stories with people you trust and who make you feel stronger. No matter what society tells you, it is not your fault so look the shame in the eye and walk away.

It takes a village. We are all in this together, and as we muddle along, let's commit to stop judging each other and reach out and take collective responsibility. Offer to send a weekly update to a mother from your son's class whose child might be struggling academically, or invite the lonely child for a play date and teach your child a wonderful art of being inclusive. Start a parents' group which is not about flaunting your children's latest achievement but having authentic conversations on the real, messy side of parenting. Share, support, laugh it out and show solidarity because as the spiritual teacher Ram Dass put it, "We're all just walking each other home."

**From
A Mom**



PARENTING IN THE CHANGING WORLD



Parenting is the process of taking care of a child's physical, emotional, social and intellectual development from birth till he or she is able to survive by him

or herself. From talking and reading to infants to enunciating values, parents exert enormous influence over their child's development. It's especially important that parents give children a good start, but it's also important for parents to recognize that kids come into the world with their own temperaments. Hence it's the parents' job to provide an interface with the world that eventually prepares a child for complete independence.

In a rapidly changing world, parenting seems subject to fads and changing styles, and parenting in some ways has become a competitive sport. Everyone wants to be a 'perfect parent', which is almost impossible. But the needs of child development as delineated by science remain relatively stable. There is such a thing as over parenting, and aiming for perfection in parenting might be a fool's mission. Too much parenting cripples children as they move into adulthood and renders them unable to cope with the merest setbacks. Of course, there is also such a thing as too-little parenting, too, and research establishes that lack of parental engagement often leads to poor behavioral outcomes in children. Harsh or authoritarian styles of parenting can have the same effect.

A few parenting techniques in a rapidly changing world are as follows :-

At the rate at which technology evolves, it's important that we keep up with it. Remember that

kids now rely on technology for virtually everything. Knowing what they are doing with technology can help you relate better to your kids.

While apart from your children, split your communication time between the phone and the internet. It makes you seem "cool" to your children and helps you to keep up-to-date on their activities.

When shopping for gifts, think technology. Even things like reading can be achieved through technology. As far as kids are concerned, e-readers are cooler than paperbacks. Embrace their idea of coolness while encouraging the age-old practice of reading. Learning new technology with your kids opens their eyes to new interests.

Even though there are new ways of doing things, it's important to stay true to tradition. Avoid forcing your children to do things the same way you used to do them, but at least expose them to how things were before. Get them involved with "old school" games. Take them outdoors and play hide-and-seek. Get out the board games at family parties. Sensitize them to the simple fun they can have outside of video games.

The modern parent encourages kids to give opinions. Living in the information age means kids are exposed to just about everything. As such, it's important to embrace those heart-to-heart conversations with them. Talk with your kids about the birds and the bees or discuss how they can approach someone they like at school. Hear their point of view first and then give yours. Discuss the pros and cons of an issue and then allow them to decide the best approach.

Give your child freedom to make decisions after getting your advice. Allowing your kids the space to make choices may ultimately result in them taking your recommendation in the end.

Promote physical and mental toughness. In this fast-paced world, you'll need to come to terms with how easily your kids can be damaged.

Access to information exposes them to things you never knew as a child. Allow them to learn, but encourage them to be tough just in case they aren't able to achieve the desired outcome. As life in this world changes, the rules of parenting evolve as well. You'll want to keep up with the

ever-changing world we live in! Keep yourself in the loop so you can relate well to your kids as they're growing up.

Asst Commandant Yamini Godula
1590-M
ICGS Krishnapatanam



GENDER BALANCE THROUGH MY EYES

In general, balance refers to a scale by which quantities are compared. In this particular case, the quantity is gender. Comparing genders for balance would be akin to comparing vegetables with books i.e making a comparison is very difficult. True, both genders are human beings and both genders have similar thinking and working capacities. However, the biological differences and the law of nature to make female species bear the greater burden of species sustenance, including monthly menstrual turmoil is something that simply cannot be changed. This is just similar to the case of vegetables and books, where vegetables can't be used to read and books can't be eaten.

The case of parity in gender, then, becomes restricted more to career aspirations of men and women, which in turn leads to the concept of marriage. The principal motive of marriage/relationship is to have two souls which are committed to helping each other and being together. Accordingly, career aspirations of both gender needs to be decided based on this factor. In most cases, career aspirations are already

decided. Then, the decision just remains to choose the right partner who can come up with the right balance between career constraints and personal time spent together.

For personnel serving in Indian Coast Guard, most of whom are of the male gender, this is very difficult task to rein in gender balance. Fortunately, the CGWWA fraternity has been highly supportive of their spouses and kept their personal and career aspirations to adjust with that of their service life partners. This begs the question of whether the topic – gender balance for better – can be applicable to persons serving in the armed forces. Issues of biological difficulties of women needs to be catered for if the case of inducting them into armed forces. For those whose spouses are in the armed forces, it purely depends upon the individual couples to choose how they would want to manage each other's career aspiration, without pin pointing it to gender bias, or the so called 'gender balance' problem.

Mrs Angeetha D
W/o Dy Comdt Pranav Iyer

NEW AGE PARENTING



Take a moment to ponder over the following and give honest answers to yourself

1. Your grandparents used coal and wood for cooking. Do you?
2. Your parents heard news over All India Radio or on Doordarshan. Do you?
3. Your parents used Telegram to get across news urgently to others. Do you?
4. Your mother worked hard in the house without any help for almost 16 hours a day. Do you?
5. Your parents saw TV in Black and White and gave it a couple of hard blows if it did not work. Will you do the same for your Smart TV?

Let's cross our hearts and agree, that the answer to most of the questions above is a loud and clear NO. If the techniques used by our forefathers / parents in most aspects of life are outdated, why do you not adapt the same principle to parenting? Going by the age old ways of parenting have proven to be illogical and impractical for the new age children (yes the millennials!).

Flip over the old pages and familiarize to more contemporary ways of raising the next generation. Many of you may disagree with me, but the truth is staring hard at us – Adapt or Perish! While there is no ready manual on 'How to Parent', there are certainly some pointers we all could remember. Although it is a forever job and a thankless one at that, it can also be very stressful, especially in these times.

Millennials expect their parents to be a 'cool dude' and not a 'nagging bother'. Trying to be their

'best friend' is a mistake, you are a parent and will always remain that, don't try to wear the cap of a 'friend'. However, new ways of communicating your rules / ideas are most necessary.

The most common problem that parents complain (including yours truly!) is that 'my child / children do not listen!'. This could be mainly because

1. Usage of wrong words
2. Conveying through a wrong tone
3. Having a wrong body language

For example if it is bedtime there are two ways of conveying.

1. Just a single word that is authoritative but friendly "It's Bed time!"
2. Keep yelling and nagging "How many times to tell, its time to sleep?"

Of course, the first method is far more effective as you may agree.

The other most common issue is that new age children do not know how to face failures or accept criticism. This leads to many of them going in to depression or taking the extreme step of suicide. How can parenting help in this you may wonder? Being an authoritative parent, drawing the line when required and most importantly saying 'NO' to children is the key I would think. Due to shrinking size of the families and only single or two children parents feel it is their duty to fulfil all the demands of the child. This is a big mistake say parenting experts. If the child is used to listening 'No' at home, it will not be such a big disaster for them when the outside world conveys 'No' in some aspects of life.

Raising children in the digital age is no child's game! With increasing awareness coming in through Internet, the parents cannot be left behind. They need to rise up to the occasion and be 'aware' of the ever changing technology. Also

restricting screen time is a big challenge. Drawing clear rules from the beginning goes a long way in preventing constant quarrels at home with respect to how much screen time (including TV time) is allowed.

A deep sense of love and understanding between the parents and children exist if it is continuously communicated in positive affirmative sentences. Words like “I trust you”, “I believe you”, “I am proud of you” echo long after they are spoken. Ensuring that we communicate these emotions at periodic intervals go a long way in establishing a loving bond. No matter what the world offers, communicating that the parents will never judge them on their external achievements will provide a deep sense of security to the budding children. The home is their safest haven – is what needs to be told in a myriad of ways till it is understood.

Instead of capitalizing on the weakness of a child, if we focus on the positives – the effect in making behavioural changes are long lasting. For example, your child may not be doing homework on time or procrastinates every activity for the last minute. Rather than focussing on this trait,

one can always convey like “I know you will do your work ahead of time”, “You are always before time” which will motivate them to do better.

Empowering the future generation is the primary responsibility of parenting and even in this new age, we can take some guidance from the eternal words of the philosopher Khalil Gibran who wrote

“Your children are not your children.

They are the sons and daughters of Life’s longing for itself.

They come through you but not from you,

And though they are with you yet they belong not to you.

You may give them your love but not your thoughts,

For they have their own thoughts.

You may house their bodies but not their souls,

For their souls dwell in the house of tomorrow,

which you cannot visit, not even in your dreams”

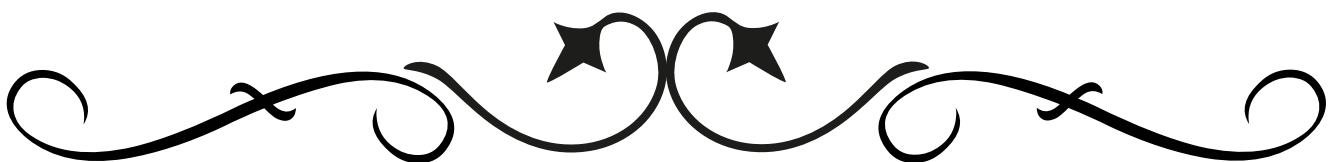
Sucharitha Karri

w/o DIG K. Sitaram

ICGS Samudra Prahari

“Friendship ... is born at the moment when one man says to another “What! You too? I thought that no one but myself. . .”

- C.S. Lewis,



PARENTING IN THIS CHANGING WORLD



Parenting is always a highly debated subject, wherein the importance of the subject need no emphasis as it shapes the future of the next generation. While

the methods of parenting the children differs from individual family and the circumstances under which they live, the outcome envisaged is always towards moulding the future generation as responsible and able citizens to achieve a secure future.

Till few decades ago, the parenting was considered as upbringing of the children in strict atmosphere. Discipline, respect towards elders, accepting the ideas of elders, non-argumentativeness etc was considered essential habits to be inculcated in the children and therefore the parenting was surrounded in developing these traits. However, with the time, as the society has shifted towards nuclear family structure, liberal norms have taken the place of the traditional regimental norms. Further, the influence of electronic media, social media, better economic status of families etc also played major role in moving towards a liberal way of parenting the children. This liberal parenting also helped the children in breaking the traditional shackles, allowed them to think out of box and come up with ideas.

In the modern day the parenting, being liberal, is also challenging. First of all, in the present circumstances well-ordered parenting is not possible at all. Even this is not acceptable from a social point of view. The challenges faced are from both internal and external.

When the internet was founded it was considered as an enabler for the creative potential of the younger generation. It improved

the knowledge base of professionals, children as well the homemakers. While no requirement of debating the positive aspects of internet, its potential to have disastrous effect on children have been very much experienced and seen in the recent times. The undesired area are the dangerous games which can led to addiction, sites not fit for the age group and friendship with undesired elements. Prolonged sitting on internet also affects the physical fitness of the children. It diverts their mind from the studies and extra activities which are essential for the growth. Therefore, parents have to keep extra-vigil in ensuring that children are utilising the positivity's of the internet.

We are familiar with the proverb, "A friend in need is a friend indeed". But the nature of the friendship of a child is equally important. In the modern world friendship plays an important role. The internet and social media platforms also aid towards friendship. However, the parents have to be very much alert about the nature of the friendship the child have. It has to be as per the age group. Younger child having friendship with a person much older than his age is often undesirable unless the person is familiar to the parents.

In the early 40s and 50s joint family system was prevailing. The good part of the system was the children learnt many good habits while they were growing in such families have large group of members. This system taught children, the habits of sharing, smartness, love, care, unity, helping mentality learning together. This helped them in moving in a right path. The joint families have now shrunk to nuclear families. The working status of husband and wife or their individual social commitment lead to insufficient time for spending with family. The people tend to spend time in laptops and cell phones instead of taking out time for asking simple questions like "how the day was"; how you spent time at school". Instead of giving mere advices to the child, there

is a requirement of being a friend of the child. Conscious efforts are required for this.

In the modern competitive world, children tend to compare the performances of each other, be it in academics or in sports and other activities. On top of this parents also have the habit of making comparisons. Comparisons may create inferiority complex in the child which is not desirous for a healthy growth. Parents are to pay attention to this factor. Without comparing,

enough encouragement has to be given to the child, which will help them to do the best in their life. Further, every child is unique and therefore parents shall not impose their dreams on the children. Therefore, in this changing world parenting shall really balance between the desire of the child and the real requirements which help in his growth.

Indhu V
W/o DIG P Rajesh



THE INDIAN WOMEN



The Indian women are great
They possess variety of traits
They're actresses and dancers
They're engineers and doctors
They're politicians and entrepreneurs
They're scientist and educators
They're the best home managers
For the family devotees and dedicators
They're artists and writers
They make the passion brighter
They're model of kindness and love
They're beautiful and charming, enough
Every Indian woman is a mother
Regardless, what she holds the other
They're officers and the soldiers
In the progress of India, the stake holders
In achieving the nation's goal
Indian women have a prominent role

Vishnu R, U/Nvk(R)
ICGS Hutbay

EMPOWERING GENDER BALANCE



The concept of polarity forms the basis of all physical manifestation. Every single atom in the universe is held by its balanced polarity, viz. positive-

negative, masculine – feminine, and man-woman. The notion of “Gender” stems from the socially constructed roles and responsibilities that societies consider appropriate for men and women. Being male and female is just the manifestation of either masculine or feminine being, in its enhanced way where the presence of one doesn’t mean absence of the other. Any circumstance which creates a divide between the coexisting polarity, giving rise to judgment about perceived superiority and inferiority. Being female doesn’t mean absence of masculine factor in her or vice versa. If one is able to appreciate the presence of both in self then one can never categorize the society based on anatomical framework and thus degrade the other.

The Indian traditional society used to render enormous importance to feminism. This can be supported with the fact that most of the holy aspect of Indian society is connected to feminine facets of life. But due to regular invasion from non natives who laid their hand first on wives and daughters, the females were confined to a particular domain and were restricted to participate in certain spheres of society, which was only to shield them. In the past, when homo sapiens survived as hunter/gatherers, the lifestyle was not same as today. Earning a living or procuring food was not just going to a store and getting everything handy. But instead, it meant going to the jungle, doing herculean physical activity, competing with the wild, travelling “n” number of

miles and then returning back safely. Every stage of life demanded survival of fittest, which would have been definitely strenuous for a woman and would have also put the next generation at risk. So the roles were efficiently divided. The male did the strength specific task, whereas female were engaged in nurturing the upcoming generation. On contrary present world has technologically mastered and has exponentially reduced the investment of physical labor thus increasing use of the coefficient of intellect, thereby reducing the potential gender bias.

Women have made a mark in all the spheres of success. But most time it is observed that the female tries to emulate the ways of male in order to gain acceptance. Somewhere deep within due to societal stigma women have a notion that being a man defines success, whereas a gender of a human being and its intellect are non-connected. The constraint of constantly wanting to be competitive, efficient and better than the other is pushing the society to the brink of imbalance.

In the present scenario the term “equality” has been misleading in certain ways. Equality should be interpreted in terms of equal opportunity, regard, respect but not invariance of responsibility. If we try to dictate congruence of activity then both the genders will be put to disadvantage in certain areas of life and the efficiency and balance will get compromised. Rather than predetermining the roles and responsibilities or playing the card of competition and challenging men and women to fit in each other’s role, it’s best to use the inherent qualities as the scale of capabilities. It’s advantageous to build a society where every individual irrespective of the gender partisanship and judgmental categorization is given an opportunity to decide his/her role and responsibility as per one’s abilities.

Balance is the essence of existence. Therefore instead of trying to overshadow the other, let’s

try to establish a uniform balance between masculine and feminine within ourselves. It's time to restructure the society and the world, where there is an equal role for both masculine and feminine aspect of nature. Gender is a trivial difference let it not be magnified. One should

raise their perception beyond physical nature and there be a single manifestation of creation which can be qualified in different ways.

Mrs. Moushami Purkayastha
W/o Deputy Commandant U Bhattacharyya
CGAE Bhubaneshwar



WHAT INDIAN WOMEN NEED TO ACHIEVE ACCORDING TO ME FORE MOST SAVE & EDUCATE THE GIRL CHILD



To make poet like Sarojini

Athletics like Soma

Prime minister like Indira Gandhi

Fighter like Rani Laxmi Bai

Leader like Phoolan Devi

Runner like PT Usha

Swimmer like CN Janaki

Police like Kiran Bedi

Singers like Asha & Lata

Weight lifter like Malleshwari

Tennis player like Sania & Sindhu

Queen like Mumtaz

Boxer like Mary Kom

Minister like Sushma

Miss world like Sushmita Sen

Miss universe like Aishwarya Rai

Astronaut like Kalpana Chawla

Chief minister like Jayalalitha & Mamta

President like Pratibha Devi Singh

More than all above women

Mother like my mother

And all Indian Mother to achieve like mother Teresa

Save and educate the girl child

To create greater Indian women than the above

M Yuwan
S/o Muruganathan, ADH(RO)

SELF HELP IN ALL WALKS OF LIFE

This year's collection of topics for articles for urmi 2019 actually pertains to the independent spirit of women. 'Self help', the word itself is a very powerful word which makes us realize ones inner strength. Self help is best help is an old proverb which means one should help oneself and not wait for others to help us at all the times. One must at least, give it a try to do one's best without depending on others. Also, through self-help one would be benefitted in time and money in that we would be independent and not look to others for assisting us all the time.

We all are busy in day to day work at-home and in office. Therefore, if we spend our energy in looking for help every time, even for small domestic tasks we tend to waste time in getting regular jobs done. For example, if a home maker/ house wife becomes too dependent on domestic help for daily chores, in her absence the house cannot be left untidy for the family to suffer. It is in the best interest of the family that the basic jobs at home are completed before the arrival of children/husband. One can be relaxed and sure that the work in hand will be resolved in a short period of time and money if she decides to help herself. One gains confidence in oneself and thereby boosts the self-esteem. Through this process one can understand herself in terms of character and grit, physical fitness, ability in management of time and productivity.

Self-help is applicable to everyone, rich or poor alike. The idea if practised in letter and spirit would make oneself a better human being. When an individual practises self- help in his/her life it is more likely that he/she would be physically fit too. The individual instead of waiting for outside help which may not be forthcoming, would carry out tasks on her own, that is using her own physical strength. Also, when the concept when practised to an extent, makes an individual not only

physically fit but makes her mentally strong too. We have seen in social media how a physically challenged person is able to draw a beautiful art work on canvas with the foot alone indicative of her will to express herself through drawing and painting.

The adage is so true which says one can conquer any obstacles in life if we decide to use our facilities to their fullest potential. The best example is the life of Coast Guard Officer/EP wife. The wife of a Coast Guard Officer /EP is confident today even if the husband is away for sailing and can nurture children in a normal way in prolonged absence of husband.

My article is not complete if I do not mention CGWWA, an institution in it self which prepares a CG personnel's wife towards a life in self help. It teaches ladies to be independent and confident by involving the in welfare activities and thorough various other programmes. Also CGWWA provides beauty parlour run by CG ladies, a profit which goes towards personal help of the lady thus making the lady independent and yet again believe in " Self Help Is The Best Help".

Mrs. Tora Paul

W/o Commandant (JG) Jaydeep Paul



WHAT INDIAN WOMEN STILL NEED TO ACHIEVE



MK Gandhi once said “the day a women can walk freely on the roads at night, only then we can say that India has achieved Independence”.

The immediate need of the hour for an Indian women is to achieve real freedom and independence from misogynistic society of people in India. It is important that Indian men stop satirizing women and come out of age old stereotypical thoughts regarding women, that they are of a weaker race and have existence only for giving birth to young ones. Even after 72 Yrs of independence, crime against women is still on rise and yet to see decline, unlike nation's economic growth. Still women are being raped and misbehaved in every nook and corner of the country. Daily newspapers are flooded with such news and it is such a pain to hear, that these incidents are still happening in the nation in an era when women have proven their worth in all spectrums of life.

Given a chance they are second to none and that's what they have proved in recent times. Recently launched **Chandrayaan-2** mission from Shriharikota is being led by two women scientists of Indian Space Research Organization(ISRO). MuthayyaVanitha is leading the Chandrayaan-2 mission and on the other hand RituKaridhal is working as Mission Director. It had never happened before when women power is heading this much of highly important ISRO mission.

Why to worship goddesses when we disrespect women- A Social Irony

In a nation, brimful of lady goddesses, it is difficult to imagine a condition wherein a women can be raped and demeaned in any form. This absolutely shows irony of our social culture, in

which a lady is respected only in our mythological forms and not in human form. Even the most infamous and revered lady goddesses like Durga, Kali, Saraswati, parwati etc are left with existence only in the form of idols and have lost existence in physical form, hence making our society a pure hypothetical one.

Well into the twentieth century, women in India have been burnt alive, beaten, imprisoned, starved, raped and generally treated despicably for generations. They have been socialized into accepting they should be submissive, unthreatening, serene, they shouldn't pick fights; they should be invisible and if visible, they should be perfect. We have a few token examples of emancipation- **The Nirbhaya rape case-** On 16 December 2012 in South Delhi a 23 year old female was beaten, gang raped and tortured in private bus, in which she was travelling with her friend. There were six in the bus, including the driver, all of whom raped the woman. Eleven days after the assault, she succumbed to her injuries.

Real independence and freedom for Indian women

At the very first instance, if a women is asked what does she want to achieve? it is her freedom. And what does freedom mean to them? It is an uncompromising declaration of selfhood. In a democratic country like India, it is said that freedom is our birth right, however that not true to women. Lets not make freedom be something, which needs to be achieved but make it available to them always. Their biggest worries are related to safety in urban India and economic equality and this needs attention of all the countrymen who wishes to see India, turn into a prosperous and rich nation.

A/C Samir Laguri
ICGS C-416

CHALLENGES OF BEING A WORKING WOMAN



“The article is purely a work of non-fiction.... any resemblance to the reality is purely intentional”

Our society has been going through a lot of sociological changes. These

have been derived by many factors. A very important factor is the social cause of women empowerment. Increase in literacy through government programmes like ‘Beti Bachao Beti Padhao’ bringing into force of stringent laws for women safety, increase in representation of the women in all spheres of the society are some examples which have helped the cause. Although in the past 71 years of independence, we have grown from strength to strength in this endeavour, a lot a ground still needs to be covered. One such issue is that of allowing women to work. The matter of fact that a woman is going outside for work is not taken favourably in many societies. A woman has to face many such hurdles before she crosses the boundaries of her home to fulfill her dreams. Many do not pursue their dreams on the pretext of taking care of the families and managing the household. So as we can see, a very small percentage of the women are able to set out, to pursue a career. However, the difficulties do not end here. A woman marrying a armed forces personnel has to deal with her own set of problems, peculiar to the armed forces.

There are various challenges faced by working women in the defence.

The stringent routine of armed forces personnel leads to be away from home, most of the time. This means that, the lady has to take care of almost everything on her own, the only support being other ladies in the close knit society.

This is a problem peculiar to the armed forces.

The husband is most of the times out at sea or at forward postings. He is available only for a few minutes in a day when he is able to speak with his family. Although, there are organizations within the unit to cater for any requirements, however the same is limited, due to the number of such requirements vis-a-vis the manpower available to cater for the same.

Although, nothing much can be done to change the routine or the deployment programmes, it is binding on the husbands to take some responsibilities of managing the household once we are at home, so as to let the lady have some time for ‘Rest and Recuperate’. ‘I have also been working the whole day’ is the most common crib which we husbands give to our wives, however we need to remember, even the lady has had her share of work. Managing of the household chores has been generally considered an easy and menial job, however I speak from my personal experience.....The grass is definitely not green on the other side.

The crux of the matter is that only a few women are able to cross the line of social inhibitions and break the shackles to pursue a career. However, the problems which have been highlighted above, only add to their difficulties. As an individual, we may not be able to provide a permanent solution to the problems; however with our support we can reduce the implications of the same. It’s very important for us to act as a springboard to catapult the aspirations of the wife, rather being a hurdle. We generally refer to the women with Goddesses who resemble power, wealth and intelligence. Let us consider then human and help to fulfill there dreams by providing helping hand in day to day routine.

“There is no tool for development of society, more effective than empowerment of women.”

**Mukesh Kumar, Adh (RO)
ICGS Durgabai Desmukh**

ME, MOM &.... WIFE OF A FIGHTER PILOT

It takes a different mind to “serve the nation” and then go home and “serve the family”.

I stay at this undisclosed place in the Eastern Coast along with family where it is very common for my son to witness the fighter aircraft to fly over my house in a community near to one of the naval air station. I feel so proud being wife of a fighter pilot. In a married life of more than three years, it is first time we are staying together, so it's not a common thing. Serving in forces is one of the most privileged thing. But being a social animal a person always needs love and affection.

As Buzz Aldrin have mentioned “Fighter pilots have ice in their veins. They don't have emotions. They think, anticipate. They know that fear and other concerns cloud your mind from what's going on and what you should be involved in.” I must say that's the fact and it goes with my husband too. Flying is his passion and rest everything comes later.

At the time when I was nurturing the new life in me, was the most demanding time, a lady could ask for presence of her husband. Being away for more than a year on his training abroad, kept me deprived of his presence. While serving the nation and simultaneously holding the responsibility of a mother and daughter- in-law makes a person putting both the feet together. I know, a mother is always a strong woman but to satisfy all your surroundings all together is not an easy task.

Sometimes there is lot in your mind and heart but you dare to share with your companion too. He is a pilot who is lot busy with hours of briefings and lot of grasping with always 100% available risk. Mistakes are inevitable in aviation especially when one is still learning new things. When I say pilot, for me it is only and always my husband in green overall, shades on his eyes, helmet in his hand making his way to the aircraft. During the last two and half years, he has served as a trainee pilot which kept him occupied professionally. “To

most people, the sky is the limit. To those who love aviation, the sky is home.”

My demanding little son keeps me busy as I step in house. Expectations of my in-laws are always on me more than their son. I face the challenges of being a single parent back home. My husband faces the challenges of life being in cockpit of an aircraft. In a squadron which works 24 X 7 operationally, it's even hard to find time to have family outing.

There has been many ups and downs in the life, many times I found me needing the support and found myself helpless. It was not “normal” at times. I don't say I am weak; I don't even say I have been graced by god with the magical powers. But It's my upbringing, education which made me capable of being part of forces today. The quality of self-confidence and sincerity, the training has imbibed in me is precious. I feel lucky enough to face the challenges on my way which break me down, which makes me learn to stand and fight against.

I feel proud of my decision to serve my country. My heart still bursts out with love and admiration thinking the first time I saw myself outfitted in dress whites. I handle all the responsibilities in office in the most efficient manner I can, at home as well and still walk shoulder to shoulder with my husband. There is no second thought in my mind to ask an excuse for being a lady. I am still shining and will keep striving hard. Don't think I am boasting myself but this is the fact and direct from my heart. I am not over confident in fact this is my self-respect which makes me ‘ME’. I still stand erect being a soldier and have the capacity to bow down to love my little son.

Dy Comdt Navita Thakran

ON PATH TO ACCOMPLISH



When we speak of an Indian woman, an image of sari clad lady with a red bindi on her forehead and bangles in her wrist appears to the mind. The shy and pleasant demeanor surface to the mind. She appears the embodiment of beauty and calmness. Her strength reflects in her confidence, her softness appears in hand she extends for help.

Indian woman has come a long way from being strong pillar to her household to heading the mammoth corporate. From rearing children to scaling the heights of Everest. From preparing kids for school to heading the large educational institute, from training her kids for training sports to, be a champion in her respective field. From safeguarding her home and children to safeguarding the nation. The achievements are numerous and can be documented in large volume of pages.

It is disheartening to see, when a Prime Minister of the largest democracy has to make rhetoric **“Beti Bachao; Beti Pado”** Numerous laws are being debated at national level about Triple talak, Domestic violence, Female foeticide, rape, sexual harassment at work place, Me too campaign etc such debates and rhetoric bring our attention to the social demons still prevalent in our society and woman has to face them yet. This proves to be detrimental in the growth of a woman as a whole. A financially independent woman and a home maker who is not financially independent are equally susceptible to social atrocities.

Today, in such a progressive world where life has become easy with the technology, large avenues are available for woman to pursue her

inner desires and aspiration. They are already in the path of evolving themselves with whatever wherewithal they have. Looking East, West, North or South or any stratum of society we can find woman lauding their voice and coming out with, whole lot of possibilities for them.

Notwithstanding continuous quest for self evaluation, achieving the aspirations, juggling home and work, the most important virtue a woman need to aspire and achieve is self respect and dignity for her. She needs to identify herself first as a human being with all potential and then as a woman with explicit qualities which God has bestowed only upon a female. There is dire need for a woman to recognize her own strengths and use it in sustaining herself with respect and dignity.

Woman need not look at others to give her respect and maintain her dignity as a human and as a woman. For attaining such virtues she herself has to first cultivate and recognize the respect for self. She has to shrug off each and everything coming her way marring her basic dignity on day to day basis without being demoralized, since it is a long, continuous journey. Woman should get together beyond other relation and provide a helping hand to each other by supporting a woman fighting for her dignity. This will come a long way in defining her own character too. Supporting each other in each other's endeavour is the key to woman's strength which can fetch her, her self-respect and would pave a way towards a life full of dignity and love.

**Women are non Second to Creation itself.
Nurture it.**

Find greatness in being a woman

**Comdt Usha Gaur
CGSD Paradip**

PARTICIPATION OF FEMALE GENDER IN FINANCIAL INVESTMENT



Wife and husband are two wheels of wagon which we call as marriage. Both wheels are to play equal role in smooth running of wagon. Thus it

becomes indispensable on part of the partners to share thoughts amongst themselves before coming to any sort of conclusion regarding any subject related to happy marriage life. One such important aspect of family life is planning for future investments and savings. The role which a female gender has to play in financial investments has been explained in succeeding paragraphs:-

- (a) **They should have Awareness of latest financial saving schemes offered by various banks and other financial institutions.** It is understood that women at home are preoccupied with house hold responsibilities but notwithstanding aforesaid, it is very important that women at home are updated

with latest saving schemes, rate of interest in FD's, systematic investment plan offered by various banks. The idea behind this awareness is to facilitate their active participation with their partners in financial investment.

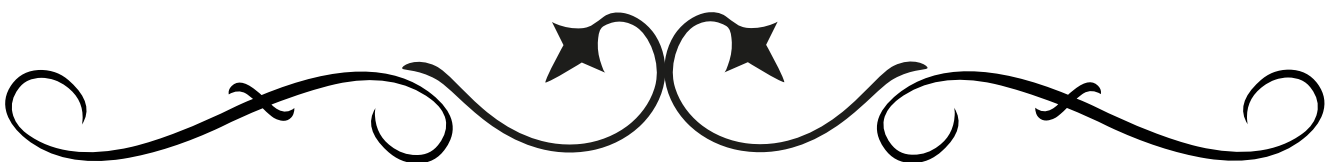
- (b) **They should be Frequent discussions with better half regarding investment in land and property.** It is very important on a part of women that she actively involves in discussion regarding investment for future with individual spouse. She shall motivate her better half by frequently discussing on this aspect and by doing good mutual dialogue. This particular action of her will lead to positive mind set between the two and thus resulting in good and prosperous life.

It is imperative to understand that time has come wherein the role, women has to play in financial investment is paramount. For good successful financial planning both husband and wives have to work in tandem for optimum results.

Dy Comdt V Thapliyal
ICGS Rajkiran

"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that."

- Martin Luther King Jr.



FEMALE GENDER & FINANCIAL INVESTMENT FROM REMOTE STATION KAMORTA

ICGS Kamorta is a very remote station, in addition to being a restricted tribal area. This has made it possibly the hardest station in entire Coast Guard to stay in. Further, there being no CG accommodation and almost nil houses available for rent due to the island being a tribal area, bringing families in the station is a very challenging task.

For those few families that have managed to rent a home, the financial aspect of catering for mammoth costs of daily expenses and maintenance of the house, and having to make do with limited available items is a major concern. Herein lays the strength of the better halves of the CG personnel, to having to manage the limited inventory available, and account for the monthly budget. Listed below is a resemblance of how a single female can work equivalent to two/three departments of Coast Guard.

It is a daily organized schedule for the self taught female management professionals. Beginning with assessing of MSL of a varied category of items, they have the mental ability to categorize and prioritize the essential spares/items needed for operational availability of the house. After this comes the phase of raising demands from the limited suppliers, and using their assertive strength to negotiate the

prohibitive costs of goods. This is done without having to bother about a board of committee to discuss the price negotiation. It does help if the item is available with the suppliers. However, for many cases, when the supplier issues a NAC, the task of getting the items from Port Blair through Coast Guard ships becomes a major priority. The liaising skills of these professionals then comes to the force, where they try and establish contacts amongst known friends in CGWWA community at Port Blair, or ensure that their husbands manage to persuade the ship's staff into procuring NAC (Non Availability Certificate) items at a reasonable cost and transport the items to Kamorta. The case for perishable items is a major management case study in itself, since the market survey conducted by these professionals at port blair has been phenomenal. They know the shelf life of each item, the alternatives for early perishing items (such as frozen foods, ready to eat powders etc.) and the storage space available on board CG ships for onward transfer to Kamorta. The next phase is catering for limited stock of water, issuing admin orders for various events of the week and the list of this financial management expertise is just non ending.

Mrs. Angeetha D
W/o Dy Comdt Pranav Iyer

"I am enough of an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."

- Albert Einstein

WHAT INDIAN WOMAN NEED TO ACHIEVE



It is tough to make a mark in a traditionally male bastion and decisively break the glass ceiling.

Every successful woman has broken barriers that come in her path, it is solely her decision which

has helped her come out as an achiever and as a result become influential in the society - A role model for all to know and emulate. Ask any of them what did they undergo to reach that level? The answer will be 'A strong belief in oneself, giving priority to oneself, deciding her life on her own values.'

Has it been tough? Yes it is very much, there are a lot of compromises, setbacks, disagreements from family and society, sleepless moments, tension accumulating at every stage....., the list is endless. All one needs to do is **stand up for own rights when needed**. Even at a cost of being labeled as arrogant. Motherhood, family responsibilities and society should not be a handicap in achieving what one wants. Be an amazing spokesperson and get credit for own honesty and integrity which make up the personality.

Let me first start with Legal rights of women in India. On the grounds of gender equality, here are **11 rights** an Indian woman holds in India:

1. Women have the right to equal pay
2. Women have the right to dignity and decency
3. Women have the right against workplace harassment
4. Women have a right against domestic violence
5. Female sexual assault victims have the right to keep their identity anonymous
6. Women have the right to get free legal aid
7. Women have the right not to be arrested at night
8. Women have the right to register virtual

complaints

9. Women have the right against indecent representation

10. Women have the right against being stalked

11. Women have a right to Zero FIR

Given the above legal rights, which are indicative of women being exceptionally well protected in proving themselves as achievers in the world, all she needs to know is - If she has her own standing and importance as a result of her own mindset. The question here is - their lack of strength in mind or body, which gives her a secondary position to question herself as well as her associates whether they can handle the task well or not? Is it meant for a woman or a man, who is more capable for the task?

According to me what women need to understand first and foremost is their rights on their own thought process/mindset, rather than have a mentor figuring out or help her take decisions or decides on her behalf. The only difference between the thought process of a Man and Woman is, that a man generally thinks of a solution at the initial stage, whereas a woman finds a solution at the last stage, because she is entangled with her dependents to the extent that she calculates the consequences at every stage of her move, and gets drifted with the thought of affecting anyone else in the process of her decision making and the solution comes only when she is not lagging behind her overall responsibility.

Women are known for perfectionist/multitasking which can be harmful at her every stage of life because she wants to justify herself as well as her responsibilities, which lead to burdening herself as well as making her task tough or impossible at times. Every woman's life is dependent on 4 pillars - Father, Brother, Husband and Son. She always seeks protection and advice from them before moving ahead. Is this all leading to gender equality? I really don't direct my views towards it. I am not equalising any gender

existence, I really do not opt for any equal rights in comparison with the so called 'Male society of the world'. Being a woman I always feel, we are well equipped with strength from within and outside. If a woman really needs to achieve, she needs to stop comparison and start believing in herself, be a decision maker not a follower, create trends in whichever field she represents, prioritize herself, be who she is and not what someone else wants her to be and above everything aspire and work towards being economically independent. Her purpose is not to please everyone, rather to offer what she can to the world, and have a good life in return.

However, as an ardent feminist, I feel a woman need not justify her existence in the world by fulfilling her duties towards her family only, but also create the mark in whatever best she has in her. Identify herself, demand for

herself and most importantly love herself first. As I conclude, I would like to quote The Economist –

"Were India to rebalance its workforce, the world's biggest democracy would be 27% richer."

Manisha Saxena

W/o Comdt Alope Kumar

The writer - Manisha Saxena, Chairman-cum-Managing Director,

Yicheng Logistics India, Pvt. Ltd, (private shipping company) and Strategic Initiator in New Business Excellence has an MBA finance to her credit. As a professional counselor she is associated with an NGO and she has spearheaded several activities to preserve the environment too. Ms. Saxena is of the firm belief that a woman can achieve anything if she is passionate and has a strong drive to do so.

GENDER BALANCE



Gender Balance means the participation of an equal number of women and men within an activity or organization. It is one of the topics that should be read, understood and discussed among youngsters as well as adults.

Gender equality has different approach as it doesn't illuminate on gender difference or bow to a gender and nor is gender equality about being feminist. As it enlightens us that we all are human and equality is everyone's right- that's what justice is.

When I talk of gender what comes to your mind? Male and female yes of course but you are wrong! There are other genders too, who we need to give equal respect FEMALE, MALE and LGBTQ communities, as we all exist together in same universe. The two organizations that helps

in employing equality are:-

1. United Nations Statistics Division-global gender statistic progress.
2. Resources on gender balance in EIGE resources & documentation centre.

With the help of these organizations government has tackled issues like gender pay, equality, re-entry program, maternity mother initiatives and others. The gender balance has helped women from various countries to be independent, do jobs, work for country, start businesses and others. It not only helps the economy of the country but also contributes a helping hand in development and doing things they are capable of the best thing about it is YOU, you are the only one who knows what you are capable of.

Neelam Singh
D/o KR Singh, P/Adh
CGDHQ-9

WHAT INDIAN WOMEN NEED TO ACHIEVE



Women's rights under the constitution of India mainly includes equality, dignity and freedom from discrimination, additionally,

India has various statutes governing the rights of women. The inequality between men and women in India is stark, and nowhere more so than on the streets of its cities, which are undeniably the domain of men. Of course this is partly because there are fewer women in population. With 940 women per 1000 men, the nation has a low sex ratio, stemming from families. What's more, only 27% of Indian women participate in the workforce compared with 79% of men. Women now participate fully in areas such as education, sports, politics, media, art and culture, service sector, science and technology etc. The Indian Armed Forces began recruiting women in non medical positions in 1992. The Indian Army began inducting women officers in 1992. The Border Security Force began recruiting female officers in 2013. On 25 March 2015 Miss Tanushree Parekh became the first female combat officer commissioned by the BSF.

Women have served at various top posts in Indian government including President of India, Prime Minister of India and speaker of Lok Sabha. However women of India continue to

face numerous problems such as sexual assault, gender inequality and dowry. We have witnessed young Indian women acing competitive/board exams winning sports competitions like gymnastics and wrestling, running top organization as well as running their own ventures with great success. We have to recognise the talent they inherently have and not become road blocks in their success.

As a child girls are often treated differently from male children in terms of nutrition and health care.

India's constitution guarantees free primary school education for both girls and boys up to age 14. This has been repeatedly reconfirmed, but primary education in India is not universal, and often times not seen as really necessary for girls. According to the National Sample Survey Data of 1997, only the states of Kerala and Mizoram have approached universal female literacy. According to scholars, the major factor behind improvements in the social and economic status of women in Kerala is literacy. Social sector programs e.g. "Sarva Shiksha Abhiyan" (Education for Everyone) are promoting girls' education to equalize educational opportunities and eliminate gender disparities, but these initiatives will take time to unfold their whole effect.

You can tell the condition of a Nation by looking at the status of its Women.

**Vishal Gautam, U/Ytk(P)
ICGS Rajshree**

"You only live once, but if you do it right, once is enough."

- Mae West

GENDER BALANCE



G e n d e r
balance according
to me means
men and women
enjoying equal
opportunities,
rights, obligations
in society,
economic and
other various

spheres of life. The main objective of gender balance is to create a society where there is no discrimination on the basis of gender and that men and women participate equally which results in sustainable development and steady economic growth of a country.

In the Era of 21st century gender equality holds a very inevitable position in our society. A society which requires a two hand support cannot be driven by a male dominant part or female one either. Many countries are facing gender balance issues, the primary issue being underrepresentation of women in the workforce all around the world. This problem has its roots lying in the unequal education and employment opportunities provided to women. This is critical as participation of both men and women equally is required for developing societies. If we have

a look at our offices, women though being equally talented are not paid same as their male counterpart. Despite of being capable she refrained from task which can be smoothly done by her just because of gender disparity. In the field of sports women are holding flags of success but still people believe running a household is major work for a woman.

This society in which we live is to be developed and it is only possible with equal participation of the male and female. This gender disparity is only making our roots fable, making it crippled and handicapped in its third process. Today being on the verge of being a developed nation we need to feel a urgency of this issue and come up with the sustainable measure which will not help us to grow but to eradicate the differences we have.

It is important for people to realise the potential of gender balance and use it to fuel the growth of their societies for this it is necessary that they are aware of the fact that gender equality is fundamental right and also a means to create a peaceful and prosperous world. Providing women with equal access to education, healthcare, environment, opportunities will benefit society and humanity at large.

A/C Anmol Sharma
ICGS Vishwast

“Insanity is doing the same thing, over and over again, but expecting different results.”

- Narcotics Anonymous

MY PERSPECTIVE OF PARENTING

In the modern world of changing times, parenting has become challenging as well as difficult. The responsibility of raising good human beings for the future world lies with the parents. Hence it is necessary that the parents inculcate good moral values in the minds of children to shape up their bright future.

Virtues can be learned and integrated in life by putting them into practice. One has to plunge into a pool to learn swimming. One has to go to a wrestling club to learn wrestling. One has to take help of musical instrument to learn music. In the same way, one must regularly perform worship and related rituals to enhance their feelings of devotion to God. It lies on the parents to develop such habits in the very young age of children. Student needs to use notepad, book, pen, ink, etc. to study. Scientists need many types of equipment, chemicals and a laboratory to carry out their scientific investigations. Similarly, parents will have to set up a routine for their children of staying occupied in doing good deeds in order to learn and ingrain good virtues in their life.

Tell the children that they are really fortunate if God has endowed them with vigor, brilliance, knowledge, power, prosperity and glory. Then their life must be progressive and joyful in the worldly sense. But this success or joy would be momentary and won't be fulfilling, if they keep their resources and belongings closed to themselves and use them only for their selfish interests. Their joy, satisfaction would expand exponentially if they learn to distribute them and share whatever you have with many others.

Tell children to share the resources for the needy. Tell them that their help will not only give them support to rise and progress, more importantly, it will bestow the spiritual benefits of being kind and altruistic. This will augment their

happiness manifold. Those being helped by them will also be happy and thus the stock of joy in the world will also expand. Distributing and sharing with a sight of altruistic wisdom and a feel of compassion provide the golden key to unalloyed joy. Tell them that God has been so kind to them; they should also be kind to others.

Nowadays there is a general tendency to tell a lie, live a lie and behave like a wolf in sheep's clothing. Someone may be talking a lot about morals, righteousness or religious matters but his/her life could well be riddled with wrongdoings and selfish acts. The only thing that really matters is person's deep-rooted beliefs. That is what decides the overall direction of life. Someone who strongly believes that realizing God is the ultimate achievement of life may give up all the worldly pleasures and live a devout life like that of a saint. Someone who cherishes patriotism would happily sacrifice his/her life for the sake of the nation.

The deep-seated beliefs of a person influence and shape his/her way of thinking and imagination. He/she would even endure any amount of difficulties that may arise along the way to realize them. It is not the pretended talks, gossips or the outward thoughts but the deep-seated inner beliefs of individual that actually decide the direction of his/her life. Hence it is important to raise children with values like honesty, truthfulness, integrity and trustworthiness from a very tender age.

Asst Comdt Chandru
1532-E
ICGS Rani Durgavati

GENDER EQUALITY

Equality in education is an important issue, as gender equality guidelines improve education for both men and women. The goal of providing better education for women does not mean neglecting or suppressing men. By placing men and women on an equal level, the relatively increased valuing of women will also benefit men by informing them of the strengths, capabilities and contributions of members of the opposite sex. It may also decrease the pressure many boys feel to conform to the traditional roles, behaviours and ways of thinking. Eventually, the stereotypes may be counteracted and eliminated, so education will be more gender balanced.

Although much has changed since the 20th

century and we are closer than ever to achieving gender equality between men and women, there are underlying issues and societal norms that prevent this from being accomplished. We continue to have very traditional beliefs on what is distinctively 'masculine' and 'feminine'. As a result, both men and women alike are forced to defy the status quo to pursue their dreams. Everything we do must conform to societal norms and if it doesn't, we are stereotyped. However, gender does not define a person. We are all human beings and no gender should be inferior to other.

(PS Dixit)
P/ADH(AH)
No.02241-T



WE NEED TO ACHIEVE

- Confidence that they can be everything and anything.
- Understand that they do not deserve to be suppressed and they can always be free to do what they wish.
- They should realise that they have rights and can exercise it.
- Education is very important and they should have it at any cost.
- They need to realise that feminism to them is their own opinion and there is no problem with it. Because elite women might have a different definition of feminism but to a poor women it might be very different and thus they should at the very first premise be aware of what they really require as a female.
- They should also understand that they are humans too and it's in *not* their duty to be in kitchen and cook food but much more.... and all what men can do.
- Their self realisation and self worth is something that they should first be confident of.
- They should realise the idea of consent and exercise it freely.

BASIC ACHIEVEMENTS

- Education for all : accessible education to all is very much necessary for their upliftment.
- Anti discrimination laws: allowed to do all jobs. No exclusion from various jobs.
- Safety and security: proper provisions for safety at workplace and in general as such.
- Self expression and extensively exercise freedom of speech.
- Self help groups should be made available for marginalised and underprivileged women.
- Freedom of employment: all women should be allowed to do legitimate jobs they want to and should have equal pay for the same jobs because it's their rights.
- Economical uplifting is also very much necessary for emancipation of women belonging to underprivileged strata of society.
- Gender equality is the most essential requirement to achieve all the mentioned requirements.
- Equity is also something all women require because there has been a long history of oppression which needs to be redeemed.

(Manoj Kumar)
ADH (AH)
NO. 03111-W

GENDER BALANCE FOR BETTER

Gender balance is achieved when women and men enjoy the same rights and opportunities across all sectors of society, including economic participation and decision-making and when the different behaviors, aspirations and needs of women and men are equally valued and favored. Gender balance is the state of equal ease of access to resources and opportunities regardless of gender, including economic participation and decision-making and the state of valuing different behaviors, aspirations and needs equally, regardless of gender.

Gender balance is one of the severe issues in our current modern society. It refers to the balance of responsibilities, rights and opportunities for females and males. Women, as well as girls, still fall behind the men and boys on the fundamental aspects globally. It is essential to maintain gender balance for global development as well. Till now, women are still incapable of contributing effectively and in fact, they don't recognize their complete potential.

Gender balance refers to giving balance at all stages for both men and women, whether in their home or whether be in their education or in the

job they choose. The job of this discussion about gender balance is to break all the boundaries and limitations set by the family, society, and the world for both men and women, to attain their goals independently.

Gender Balance in India -

Gender balance in India or in any other part of the world would be achieved when men and women, boys and girls would be treated equally, like two individuals, not two genders. This balance needs to be practiced at homes, in the schools, offices, in marital relations, etc. Gender balance in India would also mean that the females should feel safe and not driven by the fear of violence.

Gender balance should be the prime agenda - governments do not consider gender balance as a priority, Gender balance issues are missing from the budgeting process, and women are not present in the financial, peace, and international negotiations, structures and obligations. Government need to mobilize around gender balance agendas in order to create sufficient political will to support the equal inclusion of women in political decision-making.

Prahlad, LDC (MP&T)

PARTICIPATION OF FEMALE GENDER IN FINANCIAL INVESTMENT



A woman is as strong as her purse strings. Freedom for a woman comes from the ability to make crucial decisions for her life. Having resources at her

disposal helps women map out her life and life choices. Financial investment presupposes financial independence that is availability of funds in the hands of women after expenditure. Women have come a long way in terms of access to resources. When I say resources it is not just money, education is a resource, right to own property is a resource, access to market in which to invest is a resource. The history of women and financial investment is a long and hard story.

When we think of women and investment the first thought or memory that comes to our mind is naturally that of our mothers and grandmothers. In their times **Women saved Men invested**. The way they used to save up tiny sums of money and squirrelled them away in kitchen in Dubbas consolidated this little saving little by little and converted them into small pieces of gold jewelry (mostly unknown to the dads and granddads). Some of the more adventurous among them had to courage to lend them on soft loans with interests. Institutional investment was not really their cup of tea.

Millennial women have more freedom with their finances than past generations ever did. Investment options are financial products with fixed returns like PPF or bank deposit or more risky market linked shares/stocks or a median route of mutual funds. There are always the non-financial investment options in the form of gold

and real estate.

Regardless of investment strategy and regardless of gender :

- Create a budget - 50% of your income should go to living expenses and essentials. **20% of your income should go to financial goals, meaning your savings, investments, and debt-reduction payments** (if you have debt, such as credit card payments). 30% of your income should be used for flexible spending. This is everything you buy that you want but don't necessarily need (like money spent on movies and travel).
- Set apart a specific percentage of income each year for definite goal
- Factor in an emergency savings account.
- Ensure self and future earnings.
- Invest in a way that meets goals and risk tolerance.

Working with a financial advisor can demystify the process. It's important to work with a financial professional who will take the time to understand their clients' goals, passions and concerns.

Financial independence is naturally linked to the ability to get a job with fair and equal pay. It is also affected by pregnancy, childcare and the disproportionate burden of household and elderly care on women and spousal transfer for those ladies whose better halves wear uniform. As F.D. Roosevelt would say the only thing to fear is fear itself. Women should learn, then earn then learn how to make their earnings (investment) earn more for them. A few mistakes along the way should not deter for financial independence is an achievement well worth the effort.

Radha Murugan
W/O DIG B. Murugan
RHQ (West)

SELF HELP IS BEST HELP..LITTLE VOICE

Self-help is one of the most important trait of a person's character It's a time honored proverb. Self-help is the best help because people should manage their issues of life, without others involvement or intervention. Sometimes in our life many problems evolve unexpectedly and everything in life become disturbed. Such situations we should stand stern, step ahead and face with courage. We all know the proverb, 'God helps those who help themselves'. True it is , that those who do their own duties religiously without depending on other are more successful.

It builds up self-confidence and enables us to achieve our goal. Also, sorting out our own problems, gives us a little sense of pride. One of the example is to start our day with making off our bed ourselves in the morning, rather than our parents or domestic helpers doing it. That starts our day with a little achievement and sense of pride of accomplishment and confidence in ourselves. Starting a day with an achievement will ensure that other activities of day go right. On the other hand, a lazy person will depend upon others to get his work done, will not have any command or authority and will not be able to complete her tasks fruitfully.

The habit of self help is to be ingrained in one's character might from the childhood. Generating habits of self reliance requires considerable effort by an individual. If a person is willing, she will learn to do all her jobs with honesty. The best way to achieve this is by making a time table of day to-day tasks in the order of priority. Also, at the end of the day, one should give a self feedback to know her progress for the day. Such acts, is becomes a habit and become a part of our lives in due course of time.

The first and foremost thing about self-help is

that we must learn to solve all our problems in our life by ourselves. For example, acid attack survivor Lakshmi Agarwal an Indian campaigner and a TV host was attacked in 2005. Despite all odds she stood strong and advocated against such heinous acts by gathering 27000 signatures and filing a petition against acid sales in the Supreme Court. Her petition regularized acid sales in the country. Another example is that of Ishrat Jahan, a resident of Howrah, West Bengal who raised her voice against the evil practice of instant divorce i.e triple talaq. Her battle against the system of evil culture had made the evil practice abolished by the judicial system of the country and resulted in inaction a bill in Indian Parliament, brining relief to the lives of women of a particular section of the society.

Self-help is the best way, to help oneself to lead the way of life and to be independent. If everyone becomes independent and begin taking all decisions and tasks of life by without showing any dependence on anyone, it will lead to the individual's growth the society's growth, and in turn growth of the nation.

The 'Make in-India' concept is the best example which is making our country stand out as a self-dependent superpower, without any external pressure or economic oppression.

Reshma S Kumar
D/O SS Kumar
U/ADH
00739-L



BELIEVE

You are not your age,
Nor the size of clothes you wear,
You are not a weight,
Or the colour of your hair.
You are not your name,
Or the dimples in your cheeks,
You are all the books you read,
And all the words you speak,
You are your croaky morning voice,
And the smiles you try to hide,
You are the sweetness in your laughter,
And every tear you have cried,
You are the songs you sing so loudly,
When you are alone,
You are the places that you have been to,
And the ones that you call home,
You are the things that you believe in,
And the people that you love.

Dharmendra Kumar
U/Nvk(RP)
ICGS Abhiraj



FINANCIAL INVESTMENT - OUR BASIC TRAIT



The hand that once rocked the cradle is creating a stir in many other areas. Financial empowerment is deepening its roots with more and more women entering the workforce and the entrepreneurship brigade.

Today there is a growing population of women handling sizable assets. The lady of the house is not following the shadow of the father or husband when it comes to finances and investing.

As Warren Buffet says, "Do not save what is left after spending, spend what is left after saving," is the outlook women must-have in the investment domain. People feel that investment is all about bond, equity, stock market, debt market, etc. which only a person having financial knowledge can understand, but it's not true. Investment is all about the behavioural aspect. A person can be a smart investor if he is more disciplined, goal-oriented, patient, low-risk appetite and more confident. As women have an ingrained trait of setting budgets for each expense. Limiting expenditure is the first step to investing, as inflation tends to snowball expenses and eat into savings. Studies have proved women to be better

investors than men due to their ingrained qualities of being patient, low-risk appetite, goal-oriented approach, more disciplined, long-term investors. Due to the competitive nature of men they are inclined towards trading and higher returns.

Financial investments enable us to realize both our long-term and short-term goals, and all of us should understand that. Women have realized that money is a key deciding factor that impacts the simplest of decisions that one is required to make almost every day once they take on the reins of life in their hands.

With respect to long-term goals, we need to invest now and ensure we have sufficient funds to actually be able to aspire and plan for them, such as traveling, retirement. It is important to choose and employ the right investment today to ensure our investments perform positively with the growth of the market and industries to deal with uncontrollable factors like ever-growing inflation and depreciating value of money.

Financial investment by themselves enable women to become more confident in their financial decisions and further generate better opportunities to manage their income and expenses for life with complete financial freedom.

Mrs. Kavita Sharma
W/o Dy Comdt Madhur Sharma
ICGS C-401

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

- Albert Einstein

SELF HELP IS THE BEST HELP



As we all are aware, when the plane is crashing you have to give yourself oxygen first before you help other. We, as individuals have so many weaknesses and

drawbacks. It's very rare that one sits and introspects. It's very rare that any of us think "Oh, Wait a minute may be the fault lies in me & not the other person." It's time that we start thinking on those terms seriously.

We need to bring in that transformation within ourselves. We need to consciously start working on it before blaming or judging other. Figure out all the vices, all the negative thoughts, and behaviors in ourselves & the positive as well. It is important to start working on the negatives upgrading the positives. Once we start holding ourselves accountable and start owning up our mistakes then there will not be any room for false

ego & pride. Once we start considering ourselves as just a miniature dust particle in the entire universe, the self-transformation and healing will naturally begin. When we are able to reach that stage in self-transformation, things around us, vibes & energies around us naturally change. That way we don't just heal & help ourselves to become a better human, but it naturally helps to bring in the transformation in people around us.

We as humans no matter whatever the belief is, have taken the birth of a human being and it is rare that we get the chance of being born as a human being. Some people feel we have only one life (YOLO – You only live once). Either ways, life as a human is very precious and valuable. So it is of utmost importance that we make full use of our potential in the best possible way. It is necessary to identify that and start working on ourselves like doing our bit, which is like paying the debt to our mother earth who has given us so much.

Help yourself to see the better version of yourself every day.

Chitra Chafekar

W/o ADG V. D. Chafekar,PTM,TM

OUR DADS ARE DIFFERENT

Our dad's are have felt the salt spray, upon their face.

They have seen the metal striking the tides, keeping pace.

They have sailed with the sea bird, in their flight.

They have slept on the decks facing the stars shining bright.

Our dads never sleep as their watch duty keeps them awake,

They don't come to our annual day celebrations, for countries sake.

The vastness of sea, never let them feel alone.

Because they know, we are waiting for them at home.

The weighing of anchor from calmer shelter,

They have crossed the equator, at noon time swelter.

Not deterred by the speedy winds and strong current,

We are strong because our dads are different.

*Purushotam, U/Nvk (CK)
ICGS Abhiraj*

CHANGE, THE NEED OF THE HOUR!



We are now living in a world full of words like women's liberation, feminism, equal rights etc. The women in 40s grew up with the terms knowledgeable,

glamorous, sophisticated and worldly wise as the characteristics of an ideal woman, but today's generation feels being aggressive, powerful, career-minded, independent, self-sufficient, and sensuous over femininity, modesty, and graciousness as the criteria of a modern women.

I think, in a way it's for good, as today's woman is in control of her own life, as well as the people and circumstances around her and to do that she is coming out in open and imbibing many virtues and values without which she could only survive at home under protection. She is more aware of the reality, but is less worried as she is having the

intellect as well as the confidence to make the change she wants." Understanding women is a mystery" is a common phrase but I feel women are easily understandable and undeniably the most predictable creatures on earth. Women are for sure changing roles and evolving, or rather, re-discovering themselves. It is bound to create some misunderstandings and confusion in everybody.

Whatever said and done, still women are considered as lesser human beings, moreover as things or objects. Still society places women in a different preassigned box. Why can't we just let her be what she is with her own strengths and weaknesses. Today's women want to be sexy, but not sexualized. She lives her own life her way, but craves for an authentic connection. Woman today is trying to find her place in society but with the plethora of double standards, she is unable to do what she desires.

Dr Ruchi Singh
Wife of Comdt V. N. Singh
CGRHQ (NW)

"The opposite of love is not hate, it's indifference. The opposite of art is not ugliness, it's indifference. The opposite of faith is not heresy, it's indifference. And the opposite of life is not death, it's indifference."

- Elie Wiesel

अध्यक्षा तटरक्षिका की कलम से



संदेश

01 जुलाई, 19 को अध्यक्ष, तटरक्षिका के रूप में कार्यभार ग्रहण करने के पश्चात् 'उर्मी' के इस 13वें संस्करण को आप सभी के समक्ष प्रस्तुत करना मेरे लिए विशेष गौरव एवं सम्मान का विषय है। यह भारतीय तटरक्षक के कार्मिकों एवं उनके परिजनों के लिए एक ऐसा मंच है जहां वे अपने अनुभव एवं प्रतिभा का प्रदर्शन कर सकते हैं। मैं हमारे उर्मी दल, संपादन मंडल, रचनाकारों एवं पाठकों को बधाई देना चाहती हूं जिन्होंने इस वार्षिक पत्रिका के संकलन में अपना निरंतर सहयोग एवं समर्थन प्रदान किया है।

विश्व के सतत् क्रमिक विकास के साथ ही अभिभावकों की जिम्मेदारी में भी महत्वपूर्ण परिवर्तन आए हैं। इस संस्करण के माध्यम से मैं हमारे सभी पाठकों से यह अनुरोध करना चाहती हूं कि आप सभी इस वर्ष के विषय **“बदलते विश्व में अभिभावक का दायित्व”** पर अमल करते हुए हमारे वर्तमान पेशे में संतुलन स्थापित कर, पूर्ण सक्रियता से हमारी भावी पीढ़ी के लिए कार्य करें। हम सभी को यह बात समझनी होगी कि आज बोये गए बीज की अच्छी तरह देखभाल कर हम भविष्य में अच्छी फसल प्राप्त कर सकते हैं। आइए हम सब जीवन के खुशियों एवं संघर्षों पर अपना पूरा ध्यान केंद्रित करें एवं अपने मूल्यों, आकांक्षाओं, कौशल का भरपूर उपयोग कर, अपने कमियों को दूर करें और अपनी आने वाली पीढ़ी के उत्थान का प्रयास करें।

इस अनुपम अवसर पर मैं सभी क्षेत्रीय कार्यालयों को धन्यवाद ज्ञापित करना चाहती हूं जिन्होंने इस संस्करण को रचनात्मक बनाने के लिए अपने विचारों का बहुमूल्य योगदान दिया है। साथ ही तटरक्षक परिवार के सभी सदस्यों को हार्दिक शुभकामनाएं प्रेषित करती हूं।

तटरक्षिका दिवस की **रजत जयंती** के शुभ अवसर पर सभी महिलाओं को मेरी ओर से हार्दिक शुभकामनाएं एवं बधाईयां।

पढिए एवं आनंद लीजिए।

जयंती नटराजन
अध्यक्षा, तटरक्षिका

हिन्दी बनाम अंग्रेजी

हिन्दी माता को करें, प्रेम कवि डंडौत,

बूढ़ी दादी संस्कृत, भाषाओं का स्रोत ।

भाषाओं का स्रोत कि 'बारह बहुएँ' जिसकी

आंख मिला पाए उससे, हिम्मत है किसी की ?

ईष्या करके ब्रिटेन ने इक दासी भेजी,

सब बहुओं के सिर पर चढ़ बैठी अंगरेजी ।

गोरे-चिट्टे-चुलबुले, अंग-प्रत्यंग प्रत्येक,

मालिक लट्टू हो गया, नाक-नक्श को देख ।

नाक-नक्श को देख, डिग गई नीयत उसकी,

स्वामी को समझाए, भला हिम्मत है किसकी ?

अंगरेजी पटरानी बनकर थिरक रही है,

संस्कृत-हिन्दी, दासी बनकर सिसक रही हैं ।

परिचित हैं इस तथ्य से, सभी वर्ग-अपवर्ग,

सास-बहू में मेल हो, घर बन जाए स्वर्ग ।

घर बन जाए स्वर्ग, सास की करें हिमायत,

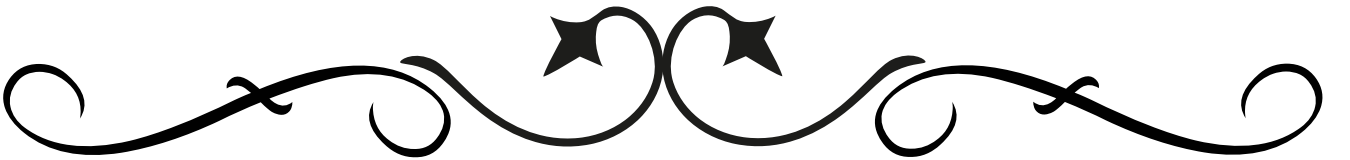
प्रगति करे अवरुद्ध, भला किसकी है ताकत ?

किन्तु फिदा दासी पर है, 'गृहस्वामी' जब तक,

इस घर से वह नहीं निकल सकती तब तक ।

राज कुमार, उत्तम अधिकारी (आर), 03658-आर

जनशक्ति योजना एवं प्रशिक्षण निदेशालय/तटरक्षक मुख्यालय



परम्परा तोड़ना आसान है क्या ?

दीवाली के पहले स्थानीय समाचार पत्रों में दीपावली में पटाखों से होने वाले प्रदूषण के बारे में खूब चर्चाएँ पढ़ीं। विद्यार्थियों की प्रतिज्ञाएँ भी पढ़ी — इस साल पटाखे नहीं जलाऊँगा विद्वानों के भी विचार पढ़े— ध्वनि प्रदूषण और वायु प्रदूषण के बारे में काफी सारे ब्लॉग्स और फेसबुक पर भी खूब सारे विचार पढ़े मन के अंधियारे को दूर करने की बात, झोपड़ी में उजाला लाने की बात! भूखे को खाना खिलाने की बात! आदि आदि!

दीवाली का दिन आ ही गया। स्थानीय अखबारों में और टेलीविजन पर लक्ष्मी पूजन के मुहूर्त और पूजन विधि भी खूब देखी/सुनी! मन ही मन संकल्प किया। इस साल पटाखें नहीं जलाऊँगा, बच्चों को भी समझाया। मेरे बड़े और अच्छे बच्चे भी मान गए! फिर मैंने बाजार का रुख किया। लक्ष्मी-गणेश की मूर्ति खरीदी, कुछ दिए और मोमबत्तियाँ खरीदी, फिर नजर पड़ी आतिशबाजियों के दुकानों पर सोचा कुछ फुलझड़ियाँ खरीद लेता हूँ, इनसे तो ध्वनि प्रदूषण नहीं होता अनार भी ध्वनि प्रदूषण नहीं करते और भी कुछ बिना शोर कर जगमगाने वाली आतिशबाजियाँ, थैले में आती गयी तभी दुकान दार ने कहा इस साल 'धोनी बम' खूब चला हुआ है। एक पाकेट ले जाइए न, सर ये ले लीजिये 'सोनाक्षी बम' और 'अरविन्द केजरीवाल पटाखे'! नाम में भी कुछ-कुछ आकर्षण छिपा होता है। चलो ले ही लेते हैं मैं नहीं, तो बच्चों को क्यों निराश करूँ।

अब नम्बर था मिठाई लेने का, मिलावटी दूध और खोये के बारे में सुन रक्खा था। दो दिन पहले ही छापामारी हुई थी, काफी सारे नकली मावे जब्त और नष्ट किये गए थे। सोचा इस बार सिर्फ लड्डू ही लूँगा। मिठाई दुकान में गया तो लड्डू (अच्छी क्वालिटी वाले) तो कब के ख़तम हो गए हैं, मैंने सोचा चलो लोगों में जागरुकता बढ़ी है। फिर दूसरी दुकान में गया — वहाँ काफी भीड़ थी — लड्डू भी थे, पर वहाँ कोई किसी की सुन नहीं रहा था। लोग पहले पैसे (रुपये) पकड़ाते फिर कुछ मिठाई का नाम बोलते — दुकानदार के कर्मचारी मिठाई का पाकेट पकड़ाते और बाकी पैसे इमानदारी से लौटा भी रहे थे। कोई पैसे को नहीं देख रहा या सब मिठाई और पाकेट ही देखते। मैं काफी देर इंतज़ार करता रहा, अंत में वही किया जो बाकी लोग कर रहे थे।

खैर, शाम को घड़ी देख रहा था, शुभ मुहूर्त से पहले ही पूजा की तैयारी में लग गया। बच्चे और पत्नी भी साथ आ गए। सब ने विधिवत पूजा की, घी के दिए और तेल दिए और उसके बाद मोमबत्तियाँ जलाई गयीं। अब नंबर था फुलझड़ी जलाने का शुरुआत मैंने ही की, फिर अच्छे बच्चे हाथ बंटाने आ गए। फुलझड़ी और अनार का टेस्ट हो गया अब बारी थी धोनी आदि की, धोनी साहब पहली बॉल में ही 'आउट' हो गए। मैंने कहा यह 'ट्रायल बॉल' या दुसरे बॉल में छक्का, पटाखों के शोर अगल-बगल से भी और दूर से भी सुनायी पड़ रहे थे।

ऐसा लग रहा था "धूम धड़ाकों की काम्पटीसन" चल रही हो, वातावरण धूम्र युक्त और शोरयुक्त भी हो गया। फिर हमने लक्ष्मी पूजा का प्रसाद और मिठाइयाँ खाईं।

अब दूध लाने का समय हो गया था। रास्ते में देखा एक सब्जी वाला जो सड़क किनारे अपनी दुकान लगता था। अपनी जगह को धोकर साफ़ कर रहा था। फिर उसने चारो कोने पर चार दिए जलाये, बीच में जहाँ वह अपने सामान (सब्जी वगैरह) रखता था, थोड़ी मिट्टी ऊंची कर उसमें अगरबत्तियाँ दिखाई और वही खोंस दिया। मैंने थोड़ी देर उसे देखा, फिर उसका नाम पूछा "क्या नाम है बाबू", "मिठाई सरदार" उसका जवाब था।

मैंने फिर पूछा यहाँ क्यों दिए जलाये? क्या घर नहीं है? बाबु, एक छोटी सी कोठरी किराये पर ले रखी है। वहाँ भी दीप जलाये हैं पर मेरी लक्ष्मी तो यहीं निवास करती हैं। मेरी लक्ष्मी आप लोग हैं, फिर उसने बढ़कर मेरे पैर छू लिए। मैं तो भौंचक रह गया। कुछ समझ में नहीं आया क्या करूँ? फिर मैंने मन ही मन संकल्प किया यह आदमी सच्चा है, ऐसे ही लोगों के मन में भगवान वास करते हैं। मैंने मन ही मन उसे प्रणाम किया। फिर आगे बढ़ा तो देखा काफी बच्चे जो 'निम्न स्तर' के कहे जा सकते हैं, मिलकर आतिशबाजियों का आनंद उठा रहे थे। मेरे मन ने कहा हम तो सिर्फ अपने परिवार के साथ ही आतिशबाजी कर रहे थे। थोड़ी ही दूर पर शर्मा जी और वर्मा जी भी सपरिवार आतिशबाजी कर रहे थे। यहाँ भावना यही थी कि उनके पटाखों से हमारे पटाखे दमदार थे। बहुत पहले हम एक दूसरे के घरों में

जाकर प्रसाद खाते थे। अब देखकर भी एक दूसरे को नहीं टोकते।

रात में नेट पर बैठा तो काफी सारे शुभकामना सन्देश थे। मोबाईल पर भी सन्देश थे। मैं भी सबको

जवाब देने बैठ गया पर नहीं गया शर्मा जी या वर्मा जी के घर नहीं उनके यहाँ से कोई मेरे यहाँ आया।

**राज कुमार अधिकारी (आर), 03658—आर
जनशक्ति योजना एवं प्रशिक्षण निदेशलय /
तटरक्षक मुख्यालय**



एक सैनिक की पत्नी की कहानी

सैनिक की पत्नी कीकैसे सारी कठिन परिस्थितियों में अपनी ओर अपने परिवार को खुश रखने की कोशिश करती है! एक सैनिक की पत्नी होते हुये भी वो अच्छी तरह से जानती की मेरा पति दिन भर कड़ी धूप ओर मोसम की सारी मार झेलते हुये सारी परिस्थितियों में घर वालों को सांतवना देते हुये अपनी ड्यूटी कैसे कर रहा है।

वो खुश है....जब उसका पति सारे त्योहार, छुट्टिया, सालगिरह, बच्चों के जन्मदिन ओर अन्य खुशी के पलों में उससे बहुत दूर है....

वो खुश है....जब उसका पति अपने बच्चों की परवरिश को नहीं देख पाता ओर सारे फैसले पति की अनुपस्थिति में उसे लेने पर मजबूर होना पड़ता है।

वो खुश है....जब उसका पति अपने माता-पिता, बच्चों ओर परिवार से बहुत दूर है।

वो खुश है....जब उसका पति बार बार अपने साथ वालों को छोड़कर नए नए दोस्तों ओर दुश्मनों के बीच भी खुश है।

वो खुश है....जब उसका पति शादी होने के बाद भी अपनी पत्नी के साथ छुट्टियों में समय नहीं दे पाता।

वो खुश है....जब उसका पति घर आने पर दुश्मनों को मारने, जंग लड़ने, खुद शहीद होने की बातें करता है।

वो खुश है....जब उसको हर गम, हर नकारात्मक स्थिति में एक सकारात्मक सोच के साथ आगे बढ़ना

पड़ता है।

वो खुश है....जब उसे हर गम में अपनी ओर अपने परिवार की खुशी को ढूँढना पड़ता है।

वो खुश है....क्यूंकि वह जानती है की उसे कठोर बनकर रहना होगा अगर में ही कमजोर पड़ गई तो सारे पल जो उसने बलिदान दिये हैं जो खुशी के तथा गम के सारे पल किसी काम के नहीं रहेंगे इसलिए एक सैनिक से ज्यादा उसकी पत्नी का बलिदान बड़ा होता है की वो कैसे उसकी पत्नी परिवार को दूर छोड़कर जाता है ओर वो कैसे परिस्थि को अपनी सूज भुज से फेंसले लेकर अपनी ओर अपने पति की जिम्मेदारियों को माँ ओर पिता बनकर निभाती है।

मुकेश कुमार, अधिकार

भारतीय तटरक्षक पोत दुर्गाबाई देशमुख



बच्चों के शासक नहीं, सच्चे परामर्शदाता बनें

बया नाम का एक पक्षी छोटे-छोटे तिनकों को चुनकर अपने घोंसले का निर्माण करता है। ये छोटे-छोटे तिनके जो किसी भी काम के नहीं होते, लोग उन्हें ज़रा भी महत्व नहीं देते, पर बया जब इन्हीं के द्वारा अपना सुंदर घोंसला बना लेता है तो अच्छे-अच्छों को आश्चर्य होता है। मनुष्य का जीवन भी एक नीड़ (घोंसला) के समान है, जिसमें छोटे-छोटे कामों का वही महत्व है, जो बया पक्षी के लिए घोंसले का निर्माण करते समय छोटे-छोटे तिनकों का हैं। बाल्यावस्था मनुष्य जीवन की एक आधारशिला है। यहीं से बच्चे के भविष्य का निर्माण शुरू होता है। इसके लिए चाहिए कि छोटे बच्चों को छोटे-छोटे काम और छोटी-छोटी आदतों का परिष्कार भी इस प्रकार सिखाया जाए कि उनका व्यक्तित्व सुंदर और सुघड़ बने।

प्रत्येक बालक में महान बनते की शक्ति और संभावना विद्यमान रहती है यदि उन्हें विकसित किया जाए तो वही बालक एक आदर्श नागरिक बनकर समाज और संसार के प्रति अपने कर्तव्यों का पालन भली भाँति कर सकता है तथा उसकी छोटी-छोटी बातों और आदतों को महत्वहीन समझकर उपेक्षित कर दिया जाए तो एक सुंदर व्यक्तित्व की उपलब्धि से बच्चा वंचित रह जाता है। अतएव बालकों को बचपन से ही सावधानी, स्वच्छता, सच्चाई, प्रेम और आत्मीयता की शिक्षा देनी चाहिए। स्मरणीय रहे—बच्चों का निर्माण कोरे उपदेशों से नहीं होता।

पहली आवश्यकता तो यह है कि स्वयं के माध्यम से बच्चों के सामने आदर्श प्रस्तुत किया जाए तथा दूसरी आवश्यकता यह है कि बच्चों के प्रत्येक क्रियाकलाप और उनकी कार्यपद्धति का ध्यान रखते हुए उन्हें समुचित मार्गदर्शन दिया जाए।

यह सर्वविदित है कि बच्चा अपने जीवन का पहला उद्योग तब आरंभ करता है; जब वह स्कूल जाना शुरू करता है, इससे पहले उद्योग में ही बच्चों ने कई कमजोरियाँ और कई त्रुटियाँ पाल ली तो आगे के जीवन में भी उनके चलते रहने का भय रहता है। स्कूल के अध्यापक अक्सर कहते हैं कि बच्चे कभी पेंसिल नहीं लाते। कभी कोई कॉपी। कभी आर्ट की क्लास में ड्राइंग बॉक्स नदारद हैं, तो कभी रेखागणित के क्लास में कंपास दृ बॉक्स ही नहीं हैं। यह अव्यवस्थित जीवन

की ओर बढ़ने की घंटी है। अतः अभिभावकों को चाहिए कि वे अपने बच्चों को पेंसिल, फाउंटेन पेन, किताब, कापी आदि की देख-भाल कर लिया करें। हो सके तो स्कूल जाने से पूर्व उन्हें इन सब बातों की याद दिला दी जाए या उनके सामान को उनके सामने अपने हाथों से यदा-कदा बस्ते में भी रखा जाता रहे। इस बात का काफी प्रभाव पड़ेगा और वे अन्य बातों में भी सुव्यवस्था का ध्यान रखना सीखेंगे। सुव्यवस्था और सावधानी केवल स्कूली मामलों में ही बरतना न सिखाया जाए, वरन अन्य कामों में भी इस बात का ध्यान रखने की प्रेरणा दी जाए। नहाने-धोने के बाद अपने कपड़ों को यथास्थान रखने और उतारने, साबुन उचित स्थान पर रखने, खाना खाने के बाद ठीक से हाथ-मुँह धोने की आदतों का विकास करना चाहिए।

स्वभावतः बच्चों में डटकर मेहनत करने की या पूर्णतः आराम करने की प्रवृत्ति होती है। आराम करने की प्रवृत्ति अध्ययन करते समय भी सिर उठाती है और बच्चे लेटकर पढ़ने लगते हैं। थोड़ी ही देर में उन्हें नींद आ जाती है। किताब हाथ से छूटकर मुँह पर गिर पड़ती है यह अच्छी आदत नहीं कही जा सकती। बच्चों को जहाँ-तहाँ बैठकर पढ़ने-लिखने से भी प्रेमपूर्वक मना करना चाहिए। इससे उनका अध्ययन क्रम अस्त व्यस्त हो जाता है। कभी चारपाई पर बैठकर तो कभी फर्श पर बैठकर बक्से या स्टूल पर किताब रखकर पढ़ना अच्छी बात नहीं है। उचित तो यह है कि बच्चों को पढ़ने के लिए मेज-कुर्सी का प्रबंध कर दिया जाए। ऐसा न हो सके तो बच्चों को नियत स्थान पर बैठकर ही पढ़ने-लिखने को आदत डाली जाए। इससे बच्चों को वहाँ न उबने की बात ध्यान में आएगी और न आलस्य करने को क्योंकि वे समझेंगे—यह तो पढ़ने-लिखने की जगह है, यहाँ पढ़ाई-लिखाई ही करना चाहिए। दूसरी बातों के लिए दूसरा समय और दूसरी जगह है। पढ़ाई-लिखाई का समय जहाँ तक हो सके, सुबह का निर्धारित रहे तो बड़ा अच्छा रहता है।

व्योंकि उस समय बच्चे ताजगी का अनुभव करते हैं और ऐसी मनोदशा में पढ़ी गई चीज़ देर तक स्थायी रहती है। रात में पढ़ते समय बच्चों को पढ़ने के लिए तेज रोशनी का प्रबंध नहीं करना चाहिए। तेज रोशनी से पढ़ने से उनकी आँखें कमजोर होती हैं। यह कारण कि

शहरों में रहने वाले बच्चों को जल्दी ही चश्मा लगाना पड़ता है। बच्चों को पढ़ने के लिए कम पावर का या हरे रंग का बल्ब टेबल लैम्प में लगाकर प्रयोग करना चाहिए।

बच्चों को केवल अपना आज्ञाकारी बनाने की ही चेष्टा न की जाए। उन्हें अनुशासित और मर्यादित बनाने के लिए भी प्रयत्न किए जाएँ पर इसका मतलब यह नहीं है कि बच्चों पर कड़ा नियंत्रण किया जाए। बच्चा अपनी अक्ल का भी उपयोग करता है बदलते समय के साथ बच्चों की दुनिया भी बदल रही है। इसलिए ऐसा कम ही देखने में आता है कि बच्चों से जो कहा जाए उसे बिना नानुकुर किए मानले। ऐसे उदाहरण बहुत कम देखने में आते हैं। अतः बच्चों को परामर्श और मार्गदर्शन दिया जाए। आज्ञाएं दें तो सुझाव के रूप में, अपने लिए किसी काम की कहे तो सोच समझकर। इस प्रकार बच्चों को बिना कोई दबाव महसूस किए अपनी अक्ल के सहारे बढ़ने योग्य बनाया जाए। नितांत आज्ञाकारी बच्चे प्रतिभाशाली और क्षमता संपन्न होते हुए भी दूसरों के कहने की प्रतिक्रिया करते रहते हैं। अपने दिमाग का कोई उपयोग न करने के कारण वे परावलंबी से हो जाते हैं। बच्चों में अक्ल ही कितनी होती है; इस वजह से कहीं वे अपना ही नुकसान न कर लें। इस डर के कारण

बच्चों को स्वतंत्र बुद्धि का प्रयोग करने से रोका जाए। गिर-गिरकर ही हर कोई चलना सिखता है। गिरने के डर से बच्चे को चलने न देना; कौन बुद्धिमान्नी कहेगा?

इस प्रकार माता-पिता को बच्चों के साथ प्रशासक नहीं, परामर्शदाता की भांति अधिक व्यवहार करना चाहिए। यह न सोच लिया जाए कि बच्चों को स्वतंत्र बुद्धि का उपयोग करने देने की बात कहकर उन्हें आज्ञाकारी बनाया जाए। कहा इतना भर जा रहा है कि उन्हें आत्मानुशासित, मर्यादित और आत्मनिर्भर बनाने के लिए अपनी बुद्धि के प्रयोग का अवसर।

देकर उनके शिक्षण को समग्रता प्रदान की जाए। स्वामी विवेकानंद की मान्यता है—“शिक्षा मनुष्य की अंतर्निहित क्षमताओं के विकास का साधन है।” इस मान्यता को दृष्टिगत रखते हुए प्रयत्न करना चाहिए कि बच्चों की शिक्षा उन्हें जानकारीयों देने तक ही सीमित न रख जाए, वरना छोटी-छोटी बातों में सावधानी, सजगता और मनोयोग का उपयोग कर उनके व्यक्तित्व के विकास की भी चेष्टा की जाए।

Asst Comdt Gurpreet Singh
1486-C
ICGS Rani Durgavati



सफल अभिभावक की और एक कदम

आपके बच्चे को सुखी और खुशहाल कैसे बनाये जिससे उसका भविष्य आनंदमय हो ! उसके लिए दो बुनियादी बातों को समझना ज़रूरी है ! सुविधा और जिम्मेदारी !

हमारे बचपन में हमें सुविधा के साथ जिम्मेदारी मिलती थी ए या फिर जिम्मेदारी पहले और बाद में सुविधा का एहसास दिलाया जाता था। जिससे हम आज संतुलित जीवन जी रहे हैं ! परन्तु आज हम अपने बच्चों को सुविधा देने में इतने मगन हो गए हैं कि हम उन पर जिम्मेदारी डालना भूल रहे हैं ! जिससे उनकी जीवन में अनुशासनहीनता बढ़ रही है !

असंतुलित और अनुशासनहीनता का सबसे अच्छा उदाहरण मैं महाभारत के दो किरदारों से देना

चाहूँगी!। महान योद्धा अर्जुन और दुर्योधन का! दुर्योधन को सभी प्रकार की सुविधा उपलब्ध कराई गयी किन्तु जिम्मेदारीयों का एहसास उनके माता-पिता से नहीं कराया गया ! दूसरी ओर माता कुन्ति और पिता पाण्डु द्वारा अर्जुन को सुविधाओं के साथ-साथ जिम्मेदारियों का एहसास भी दिलाया गया ! इसलिए आज भी हम उन्हें एक सफल योद्धा एसफल पिता एसफल पुत्र और सफल भाई के रूप में देखते हैं !

संतुलित जीवन के लिए सुविधा और जिम्मेदारियों का संतुलन रखकर हम सफलता प्राप्त कर सकते हैं !

Mrs Sheetal Gojre
W/o Comdt P Gojre
0398- D
ICGS Chennai

बदलते परिवेश में परवरिश



बच्चों की परवरिश ये एक ऐसा विषय है जिससे हम प्रयोगिक रूप से ज्यादा अच्छे से समझ सकते हैं क्योंकि प्रत्येक बच्चा अपने आप में विशेष है। उसमें कई संभावनाएँ होती हैं।

आज कल के बदलते परिवेश में माता-पिता एवं विद्यालयों की भूमिका किसी भी बच्चे के भविष्य निर्धारण में महत्व रखती है, क्योंकि जैसा की हमारा समाज बदल रहा है और अपनी प्राचीन भारतीय संस्कृति की संयुक्त परिवार प्रणाली को खंडित कर एकल परिवार प्रणाली की ओर अग्रसर है उसी के परिणाम स्वरूप परिवारों में एक आपसी समझ एवं पारिवारिक मूल्यों का ह्यास देखने को मिलता है।

तो आज के इस तकनीकी युग में सबसे ज्यादा जिम्मेदारी माता-पिता की ही होती है, कि वे अपने बच्चों को किस प्रकार तकनीक का सही प्रयोग करने के लिए प्रेरित कर पाते हैं। किन्तु इस पैसे की आपाधापी और विलासिता पूर्ण जीवन यापन करने की होड़ में लगे हुए माता – पिता यह भूल ही जाते हैं कि उनके बच्चे कोई तकनीकी रोबोट नहीं हैं, वे हॉड़ माँस के बने जीवित प्राणी हैं जिनके हृदय में कोमल भावनाये होती हैं उनकी अपने अपने आयु वर्ग में अलग अलग शंकाएँ होती हैं जिनका निराकरण एवं निरसन अगर समय पर सही रूप से ना किया गया या उनका दमन किया गया तो वो गलत रूप से सामने आती हैं।

आज कल यह भी देखने में आता है कि माता-पिता एवं शिक्षक बच्चे कि शक्ति को न जानकार उस पर भावनाओं का ऐसा भार रख देते हैं कि बच्चों का बालपन ही समाप्त हो जाता है। बच्चे बच्चे न रहकर वयस्कों की भाँति बर्ताव करने लगते हैं। एक समुचित आयु वर्ग में वे सभी अठखेलियाँ बच्चों में होनी ही चाहिए जो आजकल

हम बच्चों में नहीं देखते। या तो बच्चे गलत मार्गदर्शन की वजह से बच्चे उग्र रूप धारण करते हैं या फिर एक आयु विशेष में ही प्रोढ़ों की भाँति बर्ताव करने लगते हैं।

अतः माता – पिता को चाहिए की वे अपने व्यस्त दिनचर्या में से समुचित समय नियोजन कर अपने बच्चे की परवरिश सही तरीके से करने पर ध्यान दें। माता –पिता इसलिये क्योंकि आजकल एकल परिवार पद्धति को हम अधिक महत्व देते हैं। अतः बच्चे के मानसिक आवेशों को समझना ये माता – पिता का कर्तव्य अधिक है। जैसे जैसे सामाजिक परिवेश बादल रहा है बच्चों की परवरिश करना कठिन होता जा रहा है जैसे कि हम यदि नारियल के बाग में खड़े हो और माली से पूछें कि पौधे में कितना पानी डालना चाहिए तो वह कहेगा 50 लीटर प्रतिदिन परंतु हम अपने घर के गुलाब के पौधे को 50 लीटर पानी प्रतिदिन देंगे तो वह मर जाएगा उसी प्रकार हर बच्चे की अपनी क्षमताएँ समझ भिन्न-भिन्न होती हैं। अतः उसके अनुरूप ही हर माता-पिता को अपने बच्चे की उचित परवरिश करने के उपाय स्वयं बच्चे की क्रियाकलापों के आधार पर करना होगा जिससे की बच्चों का समुचित विकास एवं पालन हो सकें एवं हम एक स्वस्थ समाज का निर्माण कर सकेंगे।

भारयु चोलकर
w/o निखिलेश चोलकर
अधिकारी
आईसी 123
कारवार



भारतीय महिलाओं का उत्कर्ष

पुरुष एवं महिलाएं समाजरूपी वाहन का दो अभिन्न पहिया हैं। इस वाहन को चलाने हेतु दोनों की समान सहभागिता अनिवार्य है। पुरुष सत्तात्मक समाज में महिलाओं की योग्यता एवं कार्य कुशलता को कम आँका जाता है, परंतु विश्व में कई महिलाओं ने विभिन्न कार्य क्षेत्र में अपनी आत्मविश्वास, कार्य प्रवीणता एवं परिपक्वता दिखाते हुए कई नई ऊँचाइयों को हासिल किया है। उन्होंने समाज के साथ – साथ राष्ट्र विकास में भी योगदान देकर यह साबित कर दिया है कि वे किसी भी मायने में पुरुष से कम नहीं हैं। वे किसी भी विषम परिस्थिति का सामना करने एवं हरेक बाधाओं को पार कर अपने लक्ष्य तक पहुँचने में सक्षम हैं। महिलाएं जैसे रानी लक्ष्मी बाई, इन्दिरा गांधी, विजया लक्ष्मी पंडित, किरण बेदी, सुषमा स्वराज, साइना नहवाल, कल्पना चावला, मदर टेरेसा, सरोजिनी नायडू, साक्षी मलिक, अरुंधति भट्टाचार्य, पी वी सिंधु ने विभिन्न क्षेत्रों में अपना परचम लहराकर पूरे देश को गौरवान्वित किया है।

आज की शिक्षित महिलाओं ने अपने भय और प्रतिबंधों को दूर करते हुए अपनी निजी और सामाजिक दोनों स्तर पर अपने आप को सुयोग्य साबित किया है। वे गृहिणी के साथ साथ शैक्षणिक, राजनीतिक, विज्ञान क्षेत्र, खेल प्रतिस्पर्धा, तकनीकी, अर्थव्यवस्था इत्यादि में भी अपना लोहा मनवा चुकी हैं। 2016 के ओलंपिक खेल में भारत की तरफ से पदक जीतने वालों में सभी महिलाएं ही थीं। रबीन्द्रनाथ टैगोर ने कहा भी है, “महिलाएं किसी भी राष्ट्र के लक्ष्य एवं निर्माण की एक मूलभूत इकाई हैं। इनसे आगे बढ़ने की प्रेरणा लेनी चाहिए।”

भारत के स्वतन्त्रता संग्राम में भाग लेने वाली महिलाएं रानी लक्ष्मी बाई, सरोजिनी नायडू, सुचेता कृपलानी ने अहम भूमिका निभाई। भारतीय महिलाओं की योग्यता एवं सहभागिता को देखते हुए उन्हें पुरुषों के समान अधिकार, अवसर एवं प्रतिष्ठा मिलनी चाहिए। भारतीय समाज का महिलाओं के प्रति नजरिए में बदलाव लाना होगा। उन्हें ये समझना होगा कि महिलाओं के योगदान

के बिना समाज एवं देश के विकास की कल्पना भी नहीं की जा सकती। अतः हमें एक ऐसे समाज के निर्माण की आवश्यकता है जिसमें महिलाओं को जीवन के हर एक क्षेत्र में स्वतन्त्रता दी जाये। उन्हें कार्य क्षेत्र में पुरुष सहकर्मी जैसे समान वेतन, प्रतिष्ठा एवं प्रोत्साहन भी दी जानी चाहिए।

भारतीय संविधान में इस लक्ष्य की प्राप्ति हेतु कई अधिनियम और कानून बनाए गये हैं। राजनीति में भी महिलाओं के लिए 33% स्थान आरक्षित की गयी है, जिससे भारतीय राजनीति में महिलाओं की भागीदारी सुनिश्चित की जा सके। उसे अपनी अंतर्निहित ताकत को पहचानकर किसी आदर्श को ढूँढने के बजाय दूसरी महिलाओं के लिए आदर्श बनने की बात सोचनी चाहिए।

महिलाओं को सुदृढ़ बनाने के लिए सरकार द्वारा कई कदम उठाए जा रहे हैं। “बेटी बचाओ बेटी पढ़ाओ” कार्यक्रम को जोर शोर से बढ़ावा दिया जा रहा है। महिला अधिकार संरक्षण हेतु कई सरकारी और निजी संगठन को भी स्थापित किया गया है। जैसे महिला शक्ति केंद्र, राष्ट्रीय महिला आयोग इत्यादि। समाज में महिलाओं के साथ हो रहे उत्पीड़न एवं प्रताड़ना के खिलाफ कड़ी से कड़ी सजा का प्रावधान किया गया है। सरकार के द्वारा लगाये गये नियम कानूनों को सख्ती से कार्यान्वित करने की आवश्यकता है। महिलाओं में शिक्षा सुनिश्चित करना आवश्यक है ताकि वे अपने साथ हो रहे अत्याचारों के खिलाफ बिना डरे अपनी आवाज बुलंद कर सकें। स्वामी विवेकानंद के अनुसार, “बिना महिलाओं की अवस्था को सुधारे विश्व की बेहतर स्थिति की कल्पना नहीं की जा सकती है, वैसे ही जैसे एक पर वाला पक्षी के उड़ने की संभावना नहीं हो सकती।”

पिटु रंजन
उत्तम नाविक (स्टीवर्ड)
30300 – आर
आईजीएस अनिरुध

भारतीय नारी से अपेक्षित उपलब्धिया

भारतीय नारी अर्थात एक अच्छी बेटी, बहन, माँ, पत्नी इत्यादि।

स्वतंत्रता प्राप्ति के वर्षों पश्चात भी भारतीय संस्कृति में भारतीय

नारी की विकास अभी भी पूर्णतः संभव नहीं हो पाया है।

लेकिन विकास में परिवर्तन बहुत तेजी से हो रहा है।

भारतीय संविधान में

महिला एवं पुरुष के लिए समान अधिकार बनाए गए हैं,

किन्तु निरक्षरता एवं धरेलु तथा भारतीय धार्मिक परंपराओं की

वजह से महिलाएँ उन समस्त अधिकारों का सम्पूर्ण उपयोग नहीं

कर पाये हैं। जिसे प्राप्त करना ही आधुनिक युग की महिलाओं

का मुख्य लक्ष्य है।

भारत के कोने-कोने में आज भारतीय नारी ने अपने स्टार पर हर क्षेत्र

में सफलता हासिल की है, अर्थात महिलाएँ अपने प्रयास और प्रयत्न में पिछे नहीं हैं। सौंदर्य के क्षेत्र में एश्वर्या राय,

सुष्मिता सेन ने न केवल भारत में बल्कि पूरे विश्व में सन्मान प्राप्त किया। संगीत की दुनियाँ में लता मंगेशकर

को साक्षात् सरस्वती माँ का वर्धा दिया गया है। किरण बेदी, पी टी उषा, कल्पना चावला, सानिया मिर्जा, पी वी

सिन्धु, सायना नेहवाल आदि ने खेल जगत से अंतरिक्ष जगत तक भारतीय नारी की उपलब्धियों को साबित किया है।

भारतीय नारी हर क्षेत्र में आगे बढ़ने के प्रयास में कार्यरत है, किन्तु हमारी मानवीय सोच ही उनकी प्रगति में

बाधक है। अंततः इस निष्कर्ष पर पहुँचें हैं कि स्वतंत्रताके इतने वर्षों में भारतीय नारी हर क्षेत्र में आगे बढ़ी है। उन्होंने

कई उपलब्धियाँ प्राप्त की हैं। किन्तु आगामी समय प्रवेश करने के पहले हमें जरूरत है उन्हें आत्मनिर्भर बनाने की।

जिसके लिए आवश्यकता है विचार परिवर्तन की। सामाजिक संकीर्णताओं से मुक्ति पाने की। भारतीय महिला अपना

आसमान खुद तलाश लेगी अगर वातावरण अनुकूल हो।

“मैं छु सकती हूँ आकाश

मौके की मुझे है तलाश”

प्रियंका ठाकुर

धर्मपत्नी – शिव कुमार ठाकुर

प्रधान नाविक

तटरक्षक पोत संग्राम



माँ

माँ तेरी क्या पारिभाषा माँ, तुझ से ही जन्मा तेरे ही आँचल में पला
तु ही तो है मेरी पूरी दुनिया माँ, माँ तेरी क्या पारिभाषा माँ ।

यही वो सबसे प्यारे शब्द थे, यही वो सबसे प्यारा लम्हा
जब मैंने तुतलाती आवाज में कहा और तुमने सुना म—माँ ।

मेरे दर्द का अहसास तुझे मुझसे ज्यादा, मेरे रोने से आँसू तेरे निकले माँ ।
मेरे नन्हें—नन्हें हाथों ने तेरी ही ऊंगली पकड़कर चलना सीखा,
मेरी भोली विश्वास भरी आंखें देखे बस तुझे, मैं तेरा लाड़ला माँ ।

तेरे आँचल की ओट में पलता मैं रहा, जमाने से बेखबर मैं बड़ा हुआ ।
जब दुनिया के रंग बहुतरे देखे, सच और झूठ के फेरे देखे,
तब ये जाना, तेरी स्नेहमयी दुनिया सी प्यारी नहीं ये बेरहम दुनिया माँ ।

आज तू मेरे साथ—साथ नहीं पर हर पल तेरा अहसास है ।
जिंदगी की कठिनाइयों से मैं डरता नहीं, लगता है तेरा साया मेरे साथ है ।
इस कठोर जीवन की तपिस में, तेरे आशीषों की वर्षा है माँ ।

माँ तेरी क्या पारिभाषा, क्या तुझसे बढ़कर होता है कोई खुदा,
क्या तेरी ममता भरी गोद से भी प्यारा होता है कोई जहाँ ।

माँ तेरी क्या पारिभाषा माँ ?

जितेन्द्र गौड़
उत्तम नाविक (आर पी)
न. 06943—एल
भा त पो शौर्य



चलो प्यार बोएं



एकदूजे में विश्वास बोएं
चलो कुछ प्यार बोएं।
नफरत से सरहदे बाटी
रो रही है रिस्तों की घाटी
खिडकीयों से अपने झो कते

पराये जब जनाजा उठाते।
मायूस हो हम क्यो रोएं
चलो कुछ प्यार बोएं।

कुछ स्मृतियां है अभी भेष
मजहवो मेन ही थाद्वेष
मन से मन का तार मिलते
लगाकर गले सेगलेगम भूलाते।
दिन सून हरे हम क्यो खोए
चलो कुछ प्यार बोएं।

नस्ले हमारी बदल गई
मौजे मातममे ढल गई
रस्मो रिवाज सब खट करहे है
पथ से हम भटक रहे है
सब मिल मन का मैल धोए
चलो कुछ प्यार बोएं।

सैलेश कुमार यादव
यू/एनवीके (डब्लूटीआर)
आईसीजीएस ओखा

”सपने को पाने के लिए समझदार नहीं पागल बनना पड़ता है“

बदलता समाज

बदलासमाज बदला विचार
बदली दुनिया की धारा हैं,
स्वार्थी लोगों के इस दौर में
बस खुदका ही सहारा हैं।

पाला था जिसको लाडो से
किया उसने भी किनारा हैं,
स्वार्थी लोगों के इस दौर में
बस खुद का ही सहारा हैं।

पूरी की सारी मूरादें
अपनी इच्छाओं को मारा हैं,
स्वार्थी लोगों के इस दौर में
बस खुद का ही सहारा हैं।

भूल गये वो दिन सभी
बीवी—बेटा ही अब प्यारा हैं,
स्वार्थी लोगों के इस दौर में
बस खुद का ही सहारा हैं।

बचपन बीता गयी जवानी
बुढ़ापे में कौन हमारा हैं,
स्वार्थी लोगों के इस दौर में
बस खुद का ही सहारा हैं।

निखिल कुमार
उत्तम नाविक
06620— डब्लू
अईसिजिश सअ—419



न पूछो जिंदगी से कभी

न पूछो जिंदगी से कभी
इसने हमें क्या दिया और क्या लिया
क्योंकि कभी इसे समझने में है, न कि जीने में
जिसने भी इसे समझा
वो मरकर जी उठा है
जो न समझा
वो मर-मर के जिया
समझो तो जलती दीपक बाती है
न समझो तो बुझता दिया
न पुछो.....

सोचकर भी सोचता हूं कुछ सोचूं
इतना सोचा
फिर सोचा! सोचा कि कुछ न सोचूं
क्योंकि सोचने से मंजिले मकसूद नहीं होती
चलने वालों की कभी हार नहीं होती
न समझो तो पत्थर सी पहाड़ है जिंदगी
समझो तो बहता दरिया
न पूछो जिंदगी से कभी

चाहता तो हूं जिंदगी को अपने दामन में समेट लूं
सारे जहां की खुशियां इसमें भर दू
पर रोके कहां रुकता है
कारवां जिंदगी का
जिसने भी इसे समझा
वह इसे छोड़ इसके आगे चल दिया
जो न समझा, वो यहीं ठहर गया
न समझो तो कांटों का ताज है जिंदगी
समझो तो फूलों सी महकती बगिया
न पूछो जिंदगी से कभी

प्रवीण कुमार

अनुभाग अधिकारी

जन. प्र. योजना निदेशालय

प्रतीक्षा

हम निजमन किसी की बाट जो रहे थे
स्वर में सरगम पिरोये
आशा के मोती संजोये
कोई तो होगा सफर में हम सफर
प्रखर आंखों से यह सब देख रहे थे
हम निजमन

सागर की लहरों सी तरंग लिये
उनको मिलने की उमंग लिये
कहीं तो होगा अपना भी आशियां
यूं ही चुप-चाप चले जा रहे थे
हम

इन घरोन्दों में कहीं तो अपना भी मकां होगा
ढूढ़ती है जिसको नजर यहीं कहीं गुलिस्ता होगा
कहीं मिलेगा अर्ष या फर्ष पर
प्रीत का ये कारवां हम लिये जा रहे थे
हम निजमन

दूर क्षितिज तक फसलें लहलहा रहीं थी
कोयल भी प्यार के नगमें सुना रही थी
सब पक्षी अपने घरों को जा रहे थे
हम निजमन

दिल में जो होता है सब बयां नहीं होता
कही जमीं तो कहीं आसमां नहीं होता
फिर भी उनसे मिलने की ख्वाहिश लिये
इतना हसीं समां हम देख रहे थे
हम निजमन



युनीफ़ोर्म में जिंदगी कितनी खास है

मुझे अपने बापू की तरह यूनिफ़ोर्म पहनने की आस है।

यूनिफ़ोर्म में जिंदगी कितनी खास है।

सारे दोस्तों के साथ जिंदगी समंदर में बिताने की प्यास है।

यूनिफ़ोर्म में जिंदगी कितनी खास है।

साहील और किनारों के बीच,
इन प्यारे और नयी राहों के बीच,
मुझे अपने जुनून की तलाश है,
यूनिफ़ोर्म में जिंदगी कितनी खास है।

उमंग है देखने की डॉल्फ़िन को,
नये सितारे, नये किनारे को,
लहरों से पंगे लेने का अपना ही अलग मिसाज है,
यूनिफ़ोर्म में जिंदगी कितनी खास है।

सी सिक्कनेस्स के साथ काम करना,
न लहरों, न तूफ़ानों से डरना,
यूनिफ़ोर्म में जिंदगी कितनी खास है।

बिमल कुमार मानसिंह
सहायक समादेशक, 1478—जए
भारतीय तटरक्षक पोत अभिराज



नया महत्वपूर्ण मोड़

अपने 'उर्मी' के काम से मैं मीनी कॉन्फरन्स रूम में जाकर अपने दुसरे मेंबर्स की राह देख रही थी। उतने में मेरे उपमहानिरीक्षक पती एक युनिफॉर्म वाले व्यक्ति को लेकर मेरे सामने आ गये और कहने लगे, "ये हमारे एक बहोत ही होनहार अधिकारी है और वो तुमसे मिलना चाहते है।"

मैंने उनकी तरफ देखा लेकिन मुझे बिलकुल याद नहीं आ रहा था कि मैं उनसे कब मिली हूँ। मैंने उनको नमस्ते करके पुछा, "हाँ आप मुझसे क्यूँ मिलना चाहते हैं?"

बड़ी विनम्रता से वह अधिकारी कहने लगे, मॅडम मेरा नाम आनंद शर्मा है और मैं यहां खड़ा हूँ। उसमें आपका योगदान बहुत बड़ा है और मैं आपको धन्यवाद करने आया हूँ।

मैं यह सुनकर और हैरान हो गयी क्योंकि मुझे कुछ रेफरन्स नहीं लग रहा था। फिर उन्होंने मुझे समझाया और मुझे याद आया।

बारह साल पहले जब हमारा तबादला चेन्नई में हुआ था तब मेरे पति कमांडेंट थे उन्होंने वहाँ RHQ में जॉयन करने के बाद मुझे चेन्नई आने को कहा था और एयरपोर्ट पर मुझे लेने के लिए गाड़ी भेजी थी। अपने काम में व्यस्त होने की वजह से वह आ नहीं पाए लेकिन मुझे गाड़ी और ड्राबर का नंबर भेज दिया था। मैं उस कार में बैठकर निकल पड़ी। वह ड्राबर बहोत ही बुढ़े से व्यक्ति थे। मैं उस दिन का अखबार पढ़ रही थी अचानक गाड़ी ने जोर से ब्रेक मारा। एकदम हैरानी से मैंने सामने देखा एक युवक अपने ही विचारों में जा रहा था रास्ते के ट्राफीक का भी उसको होश नहीं था। ड्राबर के एलर्टनेस की वजह से वह बच गया। वह युवक घबराके बाजू हो गया तब वह बुढ़े ड्राबर कहने लगे, मॅडम मेरा भी पोता इतना ही बड़ा है। उसके लिए अगर कोई नौकरी का रास्ता आप बतायेंगे तो बड़ी मेहरबानी होगी।

मैं अच्छा खासा खाते पिते घर का संतुष्ट इन्सान था लेकिन 2004 की सुनामी में अंदमान में मेरा घर, मेरी जमीन, मेरे पैसे, जेवर सब कुछ चला गया। मेरे साथ मेरे मां बाप, पत्नी, बेटा, बहू और उनके दो बच्चे रहते थे। एक खुशहाल परिवार था हमारा लेकिन उस दिन मैं पोते को लेकर स्कूल की एडमिशन के लिए गया था और सुनामी इतनी भयानक रूप से आइ उसमें मेरा बेटा, बहू, माँ बाप, पत्नी और छोटा पोता सब चले गये। सिर्फ

मैं और मेरा पोता (बड़ा वाला) बच गये। मुझपर तो बस बिजली गिर पड़ी। अकेला होता तो आत्महत्या ही कर लेता लेकिन अपने पोते के लिए जी रहा हूँ। अभी पोते ने बारहवी की परीक्षा दी है लेकिन जितना जल्दी अपने पैरों पे खड़ा हो जाए उतना अच्छा है। मेरा कोई भरोसा नहीं। मॅडम आप लोग पढ़े-लिखे हैं आपको अगर कोई जानकारी होगी तो मेरे पोते के लिए कुछ नौकरी का रास्ता बताओगं तो आपका एहसान होगा। उस बुढ़े ड्राबर की बात सुनकर मुझे भी बहोत दुख हुआ।

मैंने उनको कहा, "अंकलजी आपके पोते को जरूर कुछ ना कुछ काम मिलेगा आप चिंता मत किजीए। भगवान पे भरोसा रखिए।"

अखबार पढ़ते-पढ़ते मेरी नजर कोस्ट गार्ड के एनोल्ड पर्सन की ऍड पर मेरी नजर गयी। जब तक मैं मेस के पास पहुँच गयी थी। मैंने उतरते-उतरते उस अंकल को वह अखबार दिया उसमें पेन से मैंने उस ऍड पर मार्क किया जिसमें 12वीं के बाद आप वहां अप्लाय कर सकते हैं यह लिखा था और उनको मैंने अपना नंबर दिया की काई परेशानी हो तो आप मुझे पुछ सकते हैं।

अंकल ने भी बड़ी आशा के साथ वह अखबार लिया और वह चले गये। हम मेस में रुके हुए थे। घर मिलने में थोड़ा टाइम तो लगता ही है।

दो दिन बाद मुझे एक फोन आया जिस पर एक 'आनंद' नाम की व्यक्ति थी। एकदम घबराये हुए स्वर में वह बड़ी नम्रता के साथ मुझे अपने दादाजी का रेफरन्स दे रहे थे। और उन्हें फॉर्म भरने के लिए मेरी मदद की जरूरत है ऐसे बोल रहे थे।

मुझे थोड़ी देर में समझ में आया की यह उन्ही ड्राबर अंकल का पोता है जो भरती होना चाहता है। मैंने उसे समय और दिन बताया और उसका फॉर्म उसी से भरवाया और चेक करके उसको all the best देकर विदा किया।

उसके बाद अगले ही हफ्ते मेरे पिताजी को तबीयत ठीक ना होने की वजह से अर्जटली मुझे अपने घर जाना पड़ा फिर मैं almost डेढ़ साल अपनी माँ को मदद करने के लिए वहीं रुक गयी। बेटी छोटी थी तो स्कूल का कोई प्रॉब्लम नहीं था और पति शिप में थे तो उनकी भी सेलिंग बहोत होती थी तब हमने चेन्नई मे फैमिली ना रखने का फैसला किया।

मैं अपने पिताजी के ठिक होने तक (डेढ़ साल तक) वहीं मम्मी के साथ रुकी हुयी थी। तब तक इनका भी शिप टेन्युअर खत्म हुआ और हमारा मुंबई में तबादला आया और मैंने मुंबई में इनको जॉयन किया। उसके बाद हम पाँच साल मुंबई में, तीन साल गोवा में रहकर अब दिल्ली में आये थे।

एकदम से मुझे रेफरन्स लगा मैंने उन अधिकारी से पुछा आप श्जेर्घि शर्माश वहीं तो नहीं!

वह भी मुस्कुराकर कहने लगे, हां मैडम मैं वही आनंद हूँ जिसको आपने फॉर्म भरने में मदद की थी।

उस टाइम मैं फॉर्म सबमिट करके आया और मुझे कॉल लेटर मिला फिर अपने दादाजी की इच्छाशक्ति पे भरोसा रखकर मैं सारे टेस्ट पास कर गया और मुझे INS Chilka में Training के लिए भेजा गया।

ट्रेनिंग पूरी करके खुशी-खुशी युनिफॉर्म पहनकर

नाविक का पद लेकर जब दादाजी के सामने आया तो दादाजी की खुशी का ठिकाना न रहा।

एक साल पहले दादाजी हार्टएटैक से गुजर गये तब जाते समय उनकी आखरी इच्छा थी कि मैं आपसे मिलकर आपका उनकी तरफ से शुक्रिया अदा करूँ। तब से मैडम मैं आपको और सर को खोज रहा हूँ। कभी आपका तबादला, कभी मेरी छुट्टी ना मिलने से मैं सर तक नहीं पहुँच पाया। मुझे आपसे मिलकर मैडम बहोत खुशी हो रही है। आज मैं आर्थिक रूप से सरकारी नौकरी में देश की सेवा में जो भी हूँ आपकी उस समय की Timely help मेरे जीवन में Turning Point बन गयी और मैडम मैं अपनी फैमिली (बीवी और बेटी) के साथ एक खुशहाल जिंदगी जी रहा हूँ।

Mrs Sayali S Vaidya
W/o DIG SK Vaidya



“कोई कहता है तो बांटते-बांटते गरीब हो गया”

कोई कहता है वो बांटते-बांटते गरीब हो गया
मैं कहता हूँ शफा है मेरे हाथों में
रहमत से उसकी
मैं सबके करीब, सबका हबीब हो गया
कोई कहता है.....

चाहत नहीं मुझे खनकते, चांदी के सिक्कों और दौलत की
मुझे तो लत है बस, सच्ची मुहब्बत की
लुटा के दौलत मुहब्बत की, दुनिया जहां में
मैं सबसे अमीर हो गया
कोई कहता है.....

तसलीम कर दिया चंद लोगों ने, इस जहां को धर्म, जाति और समाज में
सोचा। मैं भी कुछ बांट कर देख
बांटना चाह जब बहती जल की धारा को
खिलती सूरज की किरणों को
गगन चुंबी पर्वतों को
मगर न बांट सका खुदा की इस नेमत को
मगर बांटा जो थोड़ा सा प्यार इस जहां में
तो मैं सबका अजीज हो गया
कोई कहता है.....

“यत्र तत्र सर्वत्र नारी”

नारी जन्म दायनी है, बेटी बहन वो माता है, इस जग से गहरा नाता है
राम, श्याम को जन्म दिया जो वीर वीरांगनाओं की माता है
बांध कलाई प्यार का धागा वचन लिया जब-जब बहना ने।
उसकी लाज बचाने खातिर देश की शान बचाने खातिर
कितने वीर शहीद हुए, नारी तुम केवल नारी हो नाम नहीं दूँगी कुछ भी
तेरी गोदी में खेले सब, उठकर ही वो नेता हो या सैनिक हो
या अंतरिक्ष में उड़ने वाले चंद्रयान तक जाने वाले तुम ही सबकी मां हो
नारी तो लक्ष्मी बाई थी, प्यारी सीता आई थी और यशोदा माई थी
नारी तू केवल सुधा है पहचान तू अपनी भूल गयी।
पाश्चात्य सभ्यता को स्वीकार किया, खतरा खुद ही पाल लिया। देख तू ऊँचा
संसद में रक्षा और वित्त संभाल कर, सेना का मनोबल बढ़ा दिया
अब नभ तक जा पहुँची है तू। वायुयान उड़ाती तू है चंद्रयान तेरे हाथों में
सोच बड़ा तू, देख बड़ा तू।
गर नारी बन कर रहना है सम्मान का जीवन जीना है
फिर हमें संभलना ही होगा इस समाज से उपर उठ,
ज्ञान ध्यान शिक्षा दिक्षा प्यार, त्याग की मूर्ति बन आगे बढ़ते जाना
जो स्वयं की रक्षा करता भगवान साथ आ जाता है।
जो हिम्मत हार के बैठे आप, उसको समाज भटकाता है।
नारी को शिक्षित कर स्वयं सुरक्षा के खातिर, तन-मन को कर तैयार बहुत
उर्जा की भरमार है तुझमें, शान का भंडार है तुझमें, शक्ति का संचार है तुझमें
बस केवल तू भूल गई पाश्चात्य सभ्यता की कुरितियों को
इनसे तुझे बचना होगा। संभल-संभल आगे तू बढ़, क्यों ?
दाँये बाँये है अडचन तेरे, पकड़ के सत पथ पर चलना है
भवसागर पार उतर जायेगी जग को ऊपर लेकर जायेगी
जिस दिन तुम गौरव पा लोगी इस पथ पर चलते-चलते
एक नया सवेरा लाओगी ये धन्य लेखनी हो जायेगी
फिर कविता नई रचूंगी मेरा ये नारी तुझसे वादा है।
लाज कलम की रखना तू अब बंद लेखनी करती हूँ
बढ़ तू आगे बढ़ नारी अब नयी सुबह आने वाली है।
लाली आसमान से पृथ्वी पर छाने वाली है।
जग जा नारी, जग जा नारी, तू ही तो यत्र तत्र सर्वत्र है।

अंजना शत्रुजीत सिंह

भारतीय तटरक्षक अवस्थान गाँधीनगर



वित्तीय निवेश में महिलाओं की भागीदारी



हमारे देश, समाज में प्रायः यह देखा जाता है कि मूलतः वित्तीय निवेश के सारे फैसले पुरुष देखते हैं और इससे संबंधित सारे फैसले वे ही लेते हैं। घर की महिलाएं या

तो इन फैसलों के अनभिज्ञ होती हैं या उनकी कोई भागीदारी ही नहीं होती है।

घर की महिलाएं या तो इन फैसलों के अनभिज्ञ होती हैं या उनकी कोई भागीदारी नहीं होती है। कई अवसरों पर तो यह देखा गया है की उनकी रुचि इन में न के बराबर होती है। नतीजा यह होता है कि घर में किसी प्रकार की दुर्घटना या आर्थिक मुसीबत के समय जानकारी का आभाव होने की वजह से उन्हें वित्तीय फैसलों के लिए किसी अन्य पर आश्रित होना पड़ता है। इसलिए यह बेहद आवश्यक है कि महिलाओं को अपने और अपने परिवार की सुरक्षा के लिए निवेश के सम्बन्ध में न सिर्फ रुचि

रखनी चाहिए बल्कि पूरी जानकारी भी उन्हें होनी चाहिए ताकि जरूरत पड़ने पर उन्हें किसी के सामने मोहताज न बनना पड़े।

महिलाओं में वित्तीय बचत का एक अनोखा गुण होता है जैसे घर को अच्छी तरह से चलते हुए छोटी बचत करना, बाज़ार में पुरे मोलभाव कर सामान खरीदना, बच्चों के बेहतर भविष्य के लिए बेहतर फाइनेंसियल प्लानिंग करना इत्यादि।

महिलाएं वित्तीय निवेश के क्षेत्र में जुड़कर न सिर्फ वे अपने परिवार के लिए एक सुदृढ़ आय का स्रोत बना सकती हैं, बल्कि इसमें वे अपना कैरियर भी बना सकती हैं। इसके लिए उन्हें अपने दैनिक गृहकार्यों में से समय निकालकर इससे संबंधित छोटी अवधि के फाइनेंसियल कोर्स कर लेना चाहिए, ताकि वे इस क्षेत्र में जानकार बन सकें और दिन प्रतिदिन के कार्यों से आगे बढ़कर अपने परिवार का साथ दे सकें।

राजेश कुमार

प्र. नाविक

भातर पोत सी -401



वर्षा

चम चम चम चम बिजली चमके,

रिम झिम रिम झिम बादल बरसे

गरज गरज कर करते शोर,

छाई काली घटा घनघोर

प्यारी धरती की प्यास बुझाने,

आई वर्षा हमे भिगाने

मैं तो हूँ इस की दीवानी,

सबसे प्यारी वर्षा रानी ।।

अमन S/O राज कुमार, उत्तम अधिकारी (आर), 03658-आर
जनशक्ति योजना एवं प्रशिक्षण निदेशालय / तटरक्षक मुख्यालय

CGWWA ACTIVITIES NORTH EAST



CGWWA ACTIVITIES NORTH WEST



OUR YOUNG ACHIEVER



NAME : SAKSHAM GOJARE
SCHOOL : Army Public School, Chennai
CLASS : Tenth
SON OF : Comdt Prashant Gojare ICGAS (Chennai)
ACHIEVEMENT : Secured **First Position** in the All Tamil Nadu Inter School Seminar On "HUMAN VALUES" ON THE TOPIC "**TIME WASTED IS LIFE WASTED**"

Organized By Shri SATHYA SAI INSTITUTE OF EDUCARE, CHENNAI in July 2019. This Achievement Has Brought Laurels to the School and the Coast Guard Fraternity. Saksham stay motivated and keep moving forward, you have made us proud!!! We all Tatrakshikas wish you may achieve higher laurels in your future endeavors. All the best dear!!!!



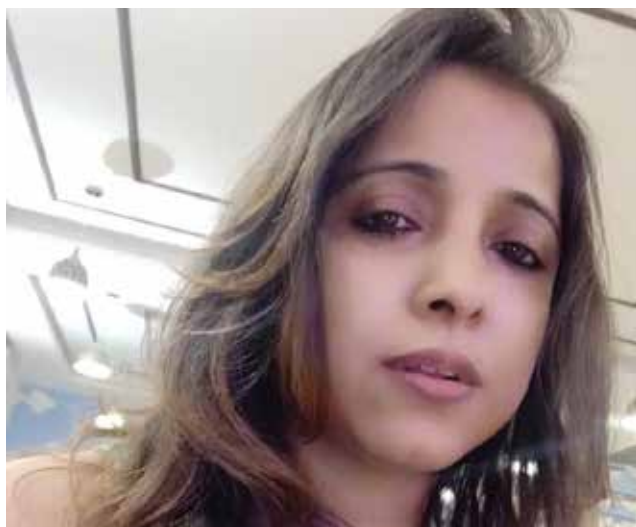
CREATIVE INSPIRATION

Creativity is the act of turning new and imaginative ideas into reality. We have many tatrakshikas among us who have potential and ability to put their dreams into reality. However small it may be feeling of happiness and achievement is most important. Also they make us feel proud of them. In this edition we could cover few of them but process will continue in future editions.

Mrs Sucheta Banerjee

W/o DIG Amitabh Banerjee

Sucheta Banerjee is an independent artist by profession. Her creative endeavour includes Madhubani and Warli paintings in particular. She has been a part of many art and craft exhibitions. She regularly conducts workshops and classes in and around Delhi. Besides art, she is passionate about music, books and home decor.



Mrs Charu Mishra

W/o Comdt(JG) Dheeraj Mishra

Mrs. Charu Mishra is a very active member of CGWWA (North East), she is known for her creativity. After completing her Bachelor of Arts (Honours) degree in history from Delhi University, she did a certificate course on teacher art & craft training from Nest Institute. She possesses high knowledge of fine arts. To enhance it further Mrs. Mishra is presently doing Graphic designing course from brainware institute Kolkata. During her active participation as Tatrakshika member she has conducted many demonstrations on damber painting, one stroke painting, glass painting, warli painting, clay painting and paper bag making. All these demonstrations were very useful to all members who attended. She has a free hand of Madhubani painting and can create wonders in it. As a person, she is very polite and loving human, always ready to impart and spread knowledge to others.



Mrs. Ananthi Dinakaran

W/o Comdt Dinakaran

Mrs. Ananthi Dinakaran, is a home maker, with a passion for colours learning various traditional art forms and various crafts since childhood and wishes to share it with people interested in it and can appreciate it. She is specialized in Tanjore paintings, Kerala mural, decoupage, mosaic decoupage art, relief art, terracotta crafts, mosaic crafts and mixmedia craft. She regularly participates in various exhibitions and very frequently conducted demonstrations of her various skills both at Coast Guard welfare centre and among civil crowd. Just recently she exhibited her tanjour painting and kerala mural paintings in *Octofest_ 2019* exhibition conducted in south Extension part I, at New Delhi on 13 Oct 2019. It was a success, and her art work sold like hot cake.



Tanjore painting is a south Indian art depicting gods and goddesses with gold foil, Jaipur gems and acrylic colours. While Kerala mural is a traditional art form of Kerala usually depicting various forms of divinity with only five vibrant colours. These paintings are placed in pooja rooms, living rooms, big halls and also given as wonderful gifts to the loved ones.

Mrs Reena Ravindran

W/o Comdt Sudhir Ravindran

I am an amateur baker hailing from the God's Own Country. I have always been interested in art and crafts from childhood and off late am deeply passionate about baking too. I have also tried my hand at quelling and embroidery but discovered my passion for baking recently. I first baked a cake for a family occasion and the response I got was overwhelming. With the enthusiastic support of my family and friends, I started learning different tips and tricks of this fine art through the Internet. I received my first order in Mumbai and further ventured by making gourmet chocolates. Soon enough, I started baking breads and other confectioneries which are a bit more complicated than cakes. My family encouraged and supported me all the time. Then, this year, CGWWA gave me the opportunity to display my skills at the Diwali Mela. I dream of baking professionally and start my own bakery in the future.



CGWWA ACTIVITIES EAST



CGWWA ACTIVITIES A&N





MERITORIOUS AWARDEES FOR ACADEMIC EXCELLANCE 2018-2019



Name	Daughter/ Son of	Class	School Name	Unit
CGHQ, NEW DELHI				
Priyanshu	Ranbir Singh, P/Adh(QA), 02961-L	VIII	KV INS Dronacharya, Kochi	D(Pers)
Armaan Samal	PK Samal, P/Adh(QA), 02283-R	VIII	KV Vikaspuri, New Delhi	D(Pers)
Lovely	Parvinder Kumar, Adh(STD), 04074-P	IX	KV Kamla Nehru Nager, GHaziabad	DDG(Ops &CS) Sectt
Harsh Kumar Jha	Sanjay Kumar, P/Adh(RO), 02305-R	IX	KV Noida, sector-24	D(Adm)
Shivaangi Sherawat	DIG HS Serawat, (0480- P),	X	Vishwa Bharati Public School, Sector-28, Noida	D(Pers)
Nikhil Chauhan	DS Chauhan, P/Adh(RP), 02096-R	X	KV 1 Varnapuri, Mangoor Hill, Vasco,Goa	SAR Secretariat
Shashank Sharma	SK Sharma, U/Adh(AL), 03236-L	X	KV-2, Hindon, Air Force, Ghaziabad	D(AA)
Sneha pandey	Ajay K Pandey	X	KV Noida,	Plans
Jyoti Rana	Narender Kumar, P/ Adh(RO),	X	KV, Gole Market, New Delhi	INT & ASNC
Vandana Yadav	RDS Yadav, P/ Adh, 02869-W	X	KV Sadiqnagar, New Delhi	D(Adm)
Vismaya V Nair	DIG VK Vijay Kumar	X	NCS, ChankyaPuri, New Delhi	D(Ops)
Satyanarayan Sahoo	Shyam Sundar Sahoo, U/Adh	X	KV IIT, Powai, Mumbai	DPB(MOD)/ ICGS DELHI
Aryan Gill	Comdt Manjeet Singh Gill	X	APS, Noida	Plans
Nikhil	Ranbir Singh, P/Adh(QA), 02961-L	X	KV INS Dronacharya, Kochi	D(Pers)
Tarun	SK Yadav, P/ Adh(AE)	X	NCS, Chankyapuri, New Delhi	D(AM)
Arpit Banerjee	DIG Amitabh Banerjee (0390- L)	X	Army Public School, Noida	D(IT)
Priyanshi Bhati	SC Bhati, Adh(SA)	X	KV3, NH4, Faridabad	Adm
Tanisha Agrawal	DIG Pankaj Agrawal	X	NCS NOFFRA, Goa	D(Adm)
Atiriya Singh	DIG Alankar Singh	XII	NCS, Chanakyapuri, New Delhi	D(AS)
Simran Rai	Manoj Kumar, Adh(AH), 03111-W	XII	KV Meenambakkam, Chennai	D(AS)

Name	Daughter/ Son of	Class	School Name	Unit
Priya Sharma	RR Sharma, PSE(AL)	XII	KV, Sector-2, RKPuram	D(AM)
RHQ(NE)				
Mohd Ammar Abdullah	Abdul Fattah, U/Adh(AL), 02315-Q	VIII	STS School, AMU, Aligarh	CGAE(KOL)
Ayushmaan Parmar	Comdt(JG) VK Parmar (0507-C)	IX	Vishwa Bharti Public School, Sector-28, Noida	ICGS Kolkata
Anmol Khuntia	Saubhagya Kumar Khuntia, P/Adh(AL), 02167-Z	X	KV No-3, Mancheswar Rly colony, Bubaneswar	743 SQN(CG)
Khushi Pal	Tilak Singh, Adh(STD), 03584-W	X	KV No. 6, Jagamara, Khandagiri, Bhubneswar	CGAE(BSR)
Arnav Kaushik	DIG Anurag Kaushik, (0428-D)	X	Hill Woods School, Gandhinagar	ICGSSujay
Sarthak Padhi	DIG MK Padhi, TM (5025-S)	XII	Sri Sri Academy, Kolkata	CGRHQ(NE)
Rajeev Kumar Padhiari	Bhagaban Padhiari , P/ Adh(AL), 02153-T	XII	DAV Public School, Pokhariput, Bubaneswar	743 SQN(CG)
RHQ(NW)				
Prithvi Raj Singh	Mintu K Singh, P/Nvk (WTR). 04551-T	VIII	KVOF Dum Dum, Kolkata	CGRHQ(NW)
Anshika	RkYadav, Adh(AH), 04274-R	VIII	KV Porbandar	746 Sqn (PBD)
Bhumi Awasthi	Vinod K Sharma, P/ Adh(RP)	VIII	KV Bhandup	ICGSVadinar
Varsha S	K Ajit Kumar, U/ Adh, 03252-S	IX	KV Porbandar	850 Sqn (PBD)
Arush Aggarwal	Comdt Munish Aggarwal (0381-P)	IX	KV, Porbandar	ICGAE (PBD)
Shreya Kabodula	Comdt Gajraj Singh Kabodula (0520-E)	X	Hill Woods School, Gandhinagar	CGRHQ(NW)
Samridhi Mishra	Comdt Siddharth Mishra (5052- E)	X	Vishwa Bharti Public,School Noida, UP	ICGS Shoor
Sakshi Trivedi	ComdtDevansh Trivedi, TM	X	Prakash HSS, Ahmedabad	69 ACV Sqn
Veedhi Lakshmi Meghana Vamsi	VV Krishna, U/ Adh 03861-Z	X	KKRS Gothan E/M Hukumpeta	DHQ-1
Mekha Binu	R Binu, P/ Adh(QA),02410-H	XII	KV II Kochi	ICGS Gandhinagar

Name	Daughter/ Son of	Class	School Name	Unit
Gloria Geejo	Antony Geejo PP, P/ Adh(RO),02049-M	XII	Bethanya Sr Sec School Kunnamkulam	ICGS Samudra Pavak
Swasti Mishra	Comdt Siddharth Mishra(5052-E)	XII	Vishwa Bharti Public,School Noida, UP	ICGS Shoor
RHQ(E)				
Pammy Kumari	SP Roy, P/Adh	VIII	KV No. 01. Dronacharya, Kochi	ICGS Sagar
Ayushman Singh	DP Singh, PSE	VIII	Sri Chaitanya School, Vizag	CGDHQ - 6
Aparna Kishore	NU Hari Kishore, USE(ER)	VIII	KV Anna Nagar	CGRHQ (East)
Sneha Hansdah	Ramdas Hansdah, U/ Adh	VIII	KV Island Grounds, Chennai	PRT(East)
Moni Kumari	J Kumar, Adh	VIII	DGQA KV, Chennai	ICGS Sagar
Ridhima Singh	Asst Comdt Jitendra Kumar	VIII	KV Ashok Nagar, Chennai	ICGS Sagar
Sneha Sony	Subhash Das, Adh(RO),	VIII	KV Palvalthangal, Chennai	ICGS Shaurya
P suryanarayana Reddy	PG Reddy, SE(R), 07528-P	VIII	NCS, SVN Colony, Vizag	HQ CGE(ES)/ ICGSVizag
Vasundhara	Anupam Singh, Adh	VIII	KV-02, Port Blair	ICGSAtulya
Pratyush Nandi	Pradyot Nandi, P/adh	VIII	Narayan Group of School, Vizag	CGWO
Hari Govind P	NPP Kumar, P/ Adh	VIII	KV No.2SVN, Vizag	CGWO
Danisha Bharathi KPS	K Sunil Kumar, PSE	VIII	KV DGQA, Chennai	VizagCtk Flt
Anusree P	P Remeshan, P/Adh	IX	KV, Kannur	CGRHQ(E)
Aayushi Pal	Pankaj K Pal, Adh	IX	KV No. 1 Nausena Bagh, Vizag	ICGS Shaunak
Aiaswarya AS	Comdt K Ajay	IX	KV, Puduchery	CGRHQ (E)
Tanishqa Dey	Comdt(JG) Surojit Dey	IX	KV, Ashok Nagar	CGS Chennai
M Yugesh Priyan	E Manikandan, PSE	IX	KV AFS, Avadi	CGAIS Chennai
Aakash Kumar Yadav	JS Yadav, PSE(AE)	IX	KV DGQA, Chennai	744 Sqn(CG)
Rithwik Vangapandu	VVN Naveen, PSE (ER)	IX	KV Anna Nagar	CGRHQ(E)
Arunava Mukherjee	Manab Mukherjee, P/ Adh	IX	KV DGQA, Chennai	HC-548 for ICGS Chennai
Lakshay Balyan	Pradeep Kumar, Adh	IX	APS Chennai	ICGAS Chennai
Tanishq Bhattacharjee	P Bhattacharjee, Adh	IX	Green VelleyKakatya Public School, Vizag	CGWO

Name	Daughter/ Son of	Class	School Name	Unit
Anjali	Rakesh Kumar, U/Adh	IX	KV No. 1 Nausena Bagh, Vizag	CGDHQ-6
Tejansh Gautam	Comdt Tanuj Gautam	IX	The Presidential School, Vizag	CGDHQ-6
A Hariprasad	AN Rao, U/Adh	IX	Ravindendra Bharati School	ICGS Atulya
Hemanth Kumar Behera	MK Behera, P/ Adh	IX	Sri Chaitanya School Vizag	Vizag Ctk Flt
Anjali Rawat	Ajit Pal, P/Nvk	IX	KV No. 2 NausenaBagh, Vizag	CGDHQ-6
Anish Kumar	SP Roy, P/Adh	X	KV No. 01. Dronacharya, Kochi	ICGS Sagar
Abhishek Sharma	Sanjay Kumar, P/Adh	X	KV No. 01,Nausena Bagh, Vizag	CGWO
Aditya Kadian	Anand Kumar, U/Adh (QA)	X	Army Public School, Chennai	ICGAS Chennai
Vipin Joshi	Ramesh Chandra, P/ Adh	X	KV No. 01. Dronacharya, Kochi	BMU(Chn)
Vutukuri Vinay Mohan	Asst Comdt VVNVV Prasad	X	Vishwasbharti High School, Andra Pradesh	ICGS Shaurya
Vishal Kumar Yadav	JSYadav, PSE(AE)	X	KV DGQA, Chennai	744 Sqn(CG)
Yadidya Prodduku	Comdt P Shyam Kumar	X	Boon School, Andra Pradesh	ICGS Shaurya
Anish Chhikkara	Dalbir Singh, Adh	X	KV Pazhavanthangal	744 Sqn(CG)
Anwasha Haldar	AK Haldar, PSE	X	KV INS Dronacharya	ICGS Sarang
Smriti Singh	Gurdev Singh, P/Adh	X	KV Koliwada, Mumbai	ICGSD Chennai
Aryan Deol	Dharmendra Kumar, Adh	X	KV 2, Vasco-da- Gama	ICGS Shaurya
A Arsheeda Begum	Abdul Rashid, P/Adh	X	Crescent Public School, Port Blair	ICGS Sagar
BV Aditya Kumar	BVJ Kumar, PSE	X	Vijayam School, Madhurawada, Vizag	CGWO
Thakur Akshay Anand	DIG P Thakur, 4102-V	X	Devi Academy, Senior Secondary School, Chennai	HQ CGE(ES)/ ICGSVizag
Anjali Maurya	Suryakanth Maurya, PSE	X	Sri Chaitanya Techno School, Vizag	Vigraha Cell
Tanishka Verma	DIG PankajVerma	X	NCS Minnie Bay, Port Blair	ICGS Shaunak
Rashi Mittal	DIG Rajesh Mittal, 0476-E	X	Sanskruithi Global school, ParawadaMandal, Vizag	HQ CGE(ES)/ ICGSVizag
Sharddha Sharma	Girish Kumar Sharma, Adh	X	KV No. 01,Nausena Bagh, Vizag	ICGS Shaunak
Ankita Tekur	DIG T Sashi Kumar, TM	XI	Sri Sankara Sr. Secondary School	ICGAS Chennai

Name	Daughter/ Son of	Class	School Name	Unit
P Akhil Reddy	PG Reddy, SE(R), 07528-P	XI	Sri Venkateswara Jr. College, Vizag	HQ CGE(ES)/ ICGSVizag
Sanskaar Shrivastava	DIG B Ranjan	XI	FIIT JEE Jr College, Vizag	CGDHQ-6
Akriti Bharti	Vimal Kishore, P/Adh	XII	KV Pazhavanthangal	CGRHQ(E)
Sneha AS	Comdt K Ajay	XII	KV, Puduchery	CGRHQ(E)
A Divya Lalitha	ASRK Prasad, Adh	XII	Narayana JR College, Vizag	Vizag Chetak Flight
Alugolu Jyothsna	AN Rao, U/Adh	XII	Sri chaitnya Junior college, visakhapatnam	ICGS Atulya
Tamana Devi	Surender Kumar, P/Adh	XII	ABM Sr. Sec. School, HP	ICGS Vaibhav
Anisha Singhal	DK Singhal, PSE (P)	XII	Army Public School, Chennai	CGRHQ(E)
Saurabh Kumar	KJ Bahudur, P/ Nvk	XII	KV Meenambakkam, Cheenai	ICGS Sarang
Sukhvinder Singh	Sher Singh, U/ Adh	XII	KV 2, Port Blair	ICGS Shaurya
Akash Sheoran	H Kumar, PSE	XII	KV Meenambakkam, Cheenai	ICGS Sarang
Yashvardhan Singh	DIG YK Singh	XII	KV KK Nagar, Chennai	CGRHQ (East)
Milna C Francis	CO Francis, P/ Adh	XII	KV AFS Tambram	ICGS Shaurya
C Darshita	DyComdt CVN Murthy	XII	Narayan Jr College, Vijayawada	ICGS Avantibai
Tarannum	MD Nasiruddin, P/Adh	XII	KV No. 2 NausenaBagh, Vizag	ICGS Samudra Paheredar
Prachi Nandi	Pradyot Nandi, P/Adh	XII	MP & EV Medium School, Vizag	CGWO
BVS Chinmayee	BV Jagdadesh Kumar, PSE	XII	FIIT JEE Jr College, Vizag	CGWO
RHQ(A & N)				
Mouma Das	Mr Das, P/Adh	VIII	KV-2, Port Blair	CGAE (PBR)
Subhasree Panda	D Panda, / Adh(QA)	VIII	KV-2, Port Blair	RHQ(A&N)
Tamanna Gautam	Pawan Kumar, U/Adh(QA)	VIII	KV, Okha	ICGS Durgabai Deshmukh
T Varshaa M Diamond	PM Diamond, P/Adh(ME)	VIII	KV-2, Port Blair	RHQ(A&N)
Sreenidhi N	G Sreekantan, P/Adh	IX	KV-2, Minnie Bay, Port Blair	ICGS Vijit
Mayank	Vijay Pal Yadav, P/Adh(QA)	IX	KV-2, Minnie Bay, Port Blair	RHQ(A&N)
Sujay Karmakar	S Karmakar, P/ Adh(AH)	X	KV -2, Kolkata	RHQ(A&N)

Name	Daughter/ Son of	Class	School Name	Unit
Vanshika	Dy Comdt Naresh Kumar	XI	KV-2, Minnie Bay, Port Blair	ICGS Rajshree
C Nitin Rohit	KC Dhas, PSE	XII	KV Meenambakkam, Chennai	CGAE (PBR)
Kajol Shahu	RK Shahu, P/ Adh	XII	KV, Pazhavanthangal, Chennai	ICGS Hutbay
Namya Mehrotra	DIG Ashish Mehrotra	XII	NCS Minnie Bay, PortBlair	RHQ(A&N)
Ipsita Yadav	Comdt Ravindra Yadav	XII	NCS Minnie Bay, Port Blair	RHQ(A&N)
RHQ(W)				
Sounita Das	AK Das, U/Adh (RO), 02765-P	VIII	Kv Koliwada Mumbai	RHQ(W) INT Sec
Rashi Kaithwas	Rajesh Kaithwas Adh(AH), 03936-W	VIII	CGPS, Daman	DTF
Palak Bahl	DIG Avneesh Bahl	VIII	Ryan International School, Noida	CGASD (Goa)
Anisha Rani	Asst Comdt SR Kumar	VIII	KV No.2, Port Balir	ICGS Beypore
Lokesh Yadav	Inder Pal, P/ Nvk(RO), 04615-R	VIII	KV No.1 Mangalore	ICGS Amartya
Komal Chourasia	Arvind Kumar Chourasia, Adh, 02531-H	VIII	KV Koliwada Antop Hill	RHQ(W) Recruitment
Tamanna Dutta	AM Dutta PSE (P), 07766-Z	VIII	SBOA School & Jr. College Chennai	CGDHQ-2
A Ajmal Rahman	A Ashraf Ali, P/Adh (RP), 03022-T	VIII	KV Koliwada, Antop Hill	73 ACV SQN
Varsha Chaudhary	HC Chaudhary, Adh (QA), 04598-Z	VIII	KV INS Dronacharya	ICGS Aryaman
R Prasanna Priya	R Rajagopal SE (P), 07449-L	IX	KV, Bhandup	RHQ(W) LP CELL
Keerthana Dhanish	Dhanish D, P/Adh(AR), 02987-R	IX	CGPS, Daman	DTF
Ayshee Dhar	Amalendu Dhar, TM PSE (AE), 07496-Q	IX	KV-1, Goa	CGAIS (Goa)
Rheva Francis	Comdt Francis Paul (0354-D)	IX	Bharatiya Vidya Bhavan School, Kozhikoda	ICGS Beypore
Aarav Giri	Comdt N Giri, 5046-Q	IX	Vydehi School of Excellence Bengaluru	CGAOT (BGL)
Prachi Acharjee	Pradip Acharjee U/Adh 03407-T	IX	KV Bhandup	Buvik
Deepa Kumari	Sunil Prasad, U/Adh(SE), 04103-Z	IX	CGPS, Daman	DTF
Abhijeet Singh	AK Singh,SE(P), 07951-W	IX	KV-1, Goa	ICGS Goa
Sumedha Rana	D Rana, P/Adh, 02552-Z	IX	KV INS Dronacharya, Kochi	ICGS Kochi

Name	Daughter/ Son of	Class	School Name	Unit
Sebin Bony	Dy Comdt KV Bonymon (4253-P)	IX	KV-II Naval Base, Kochi	ICGS Sarathi
Deepak Parimanik	G Parimanik, U/Adh(P), 03602-Q	IX	KV-1 Naval Base, Kochi	ICGS Sarathi
Anjali Krishna	KKUnnikrishnan, U/ Adh(QA),03542-Z	IX	KV School Adoor	CGS Minicoy
KomalBharti	Mahesh Kumar, Adh(ME)04206-P	IX	KvNo.1 Mangalore	ICGS Amartya
Ankit Kumar	Ami Chand, P/ Adh(RP),02787-P	IX	KV No.1 Mangalore	ICGS (NML)
Navya Rajesh	Rajesh Chingan, PSE(AR) 0739-Q	IX	KV ASC Center(South) Bengaluru	CGAOT (BGL)
Shruti Ojha	DC Ojha, PSE (R), 07226-Y	X	Radcliffe School Kharghar, Navi Mumbai	CGSD(MBI)
Darshana B Shaji	MJ Shaji U/Adh (AH), 02553-H	X	St. Francis Sales School, Vizhinjam, Trivandrum	841 SQN(CG) ICGAS Daman
Ritesh Pradhan	RK Pradhan PSE(AR), 07854-Z	X	KV-2, Kochi	CGAIS (Goa)
Sagar Mankoti	Ishawar Singh, U/Adh, 0368-L	X	KV No. 2, Kochi	CGAE(KOC)
Gargi Yadav	Comdt Neeraj Singh (0503-Q)	X	Naval Children School, Kochi	CGS (MNL)
Aachal Barkatakya	Cdr Abhijit Barkatakya (04233-Y)	X	NCS Kochi	842 SQN (CG)
R Shyam Sunder	M Ravichandran, Adh(CK), 01237-Q	X	KV Pazhavanthangal Chennai	842 SQN (CG) Mumbai
Siya S Ware	SS Ware U/Adh (RP), 01446-Q	X	KV Pune	ICGS Ratnagiri
Nikhil Dubey	VK Dubey, Adh,(ME), 04023-T	X	KV-2, Goa	ICGS Amal
Saransh Tyagi	Anjul Kumar U/ Adh,03669-R	X	KV-1, Goa	ICGS Goa
Rohan S Joseph	S Joseph, U/Adh(AE), 03256-Z	X	NCS, Goa	CGAIS (Goa)
Shikha	Pardeep Kumar Adh(QA), 04224-Z	X	NCS, Goa	ICGS Samarth
Mayank Gupta	SK Gupta, P/Adh(RO), 02929-M	X	KV No. 1, Naval Base, Kochi	CGSD(KOC)
Jamie Elizabeth Idiculla	Comdt Jeethu I Jose (0481-Q)	X	KV No.2 Naval Base, Kochi	CGSD (KOC)
Akanksha	PC Gupta P/ Adh (RO), 02523-P	X	KV-1, Nausrna Baugh Vizag	CGRPT (KOC)
VardaMenon	DyComdt KS Unnikrishnan (5105-C)	X	Naval children School, Kochi	CGAE (MNL)

Name	Daughter/ Son of	Class	School Name	Unit
ShreyaMaity	US Maity, PSE(P), 07512-Y	X	KV DGQA Chennai	Rajdoot
Manya Kumar	ComdtDushyant Kumar (0562-C)	X	Navy children School, Colaba, Mumbai	CGS (MNL)
Anirudra Mondal	Anil Mondal, Adh(CK), 02932-L	X	KV No.2 Minnie Bay, Port Blair	Tard 45004 (Varaha)
M Srinidhi	Dy Comdt K Murugesan (4246-X)	X	KV ASC Centre, Bengaluru	CGPOT (BGL)
Abhinav Kumar	Mahesh Chandra PSE(P), 07770-P	X	KV No.2, Nausena Baugh, Visakhapatnam	CASU (MNL)
Aditya Deepak Kumar	DIG KR Deepak Kumar (0434-L)	XI	KV Ernakulam	CGTC (KOC)
Ashish Sonker	AkSonker, P/ Nvk, 02838-Z	XI	KV INS Dronacharya, Kochi	CGAE(KOC)
Ankit Ojha	DC Ojha, PSE (R), 07226-Y	XII	Ryan International School Sanpada, Navi Mumbai	CGSD(MBI)
Ashwin U Iyer	Comdt Umesh K Iyer (0458-P)	XII	KV- No. 1, Paramanur New Mangalore	750 SQN(CG) ICGAS Daman
Shakshi Sharan	DBB Sharan, P/Adh (QA), 00691-W	XII	KV, INS Dronacharya	ICGS Goa
Prabhat Rao	Tribhuwan, P/Adh(S), 03183-P	XII	KV Ashok Nagar, Chennai	ICGS Kochi
Nikita Singh	Indal Singh, PSE(SW) 07644-Y	XII	KV No. 1 Mangalore	Vikram
Rahul Anil Nair	DIG Anil Kumar Parayil	XII	NCSColaba, Mumbai	RHQ (W) P & A Sec
Arti Bhatia	Krishan Kumar Bhatia, U/Adh, 02963-P	XII	KV INS Dranacharya, Kochi	CGAE (KOC)
Vysakh Vinod	Comdt (JG) Vinod Kumar(4140-J)	XII	Mary Mount Public School, Kottayam, Kerala	ICGSVZM
Francis Martin	Joseph Martin, Adh, 01263-W	XII	KV No.1 Kochi	CGAE (KOC)
Praveena C	N Chellappa, P/ Adh,01115-P	XII	KV Ashok Nagar, Channai	CGAE(KOC)
Hrishita Suresh	Comdt (JG) G Suresh (0597-E)	XII	Ryan International school, Sanpada, Navi Mumbai	ICGS (KOC)
Anna Alisha Tomy	Dy Comdt CV Tomy (1123-C)	XII	Nirmala Public School Muvattupuzha	ICGS C-410
Animesh Kumar Goswami	AK Goswami, P/Adh (QA), 01793-Z	XII	KV-II, Naval Base, Kochi	CGTC (KOC)
Sanjana Rawat	Subhash Chand, Adh(CK) 03451-T	XII	KV No.1 Mangalore	75 ACV SQN



BEST IN SPORTS / EXTRA CURRICULAR ACTIVITIES (STATEL NATIONAL LEVEL) 2018-2019



Name of Students	Father's Name	Class/School	unit	Sports/Championship	Held on	Held At	Position
CGHQ, NEW DELHI							
Santusht Saluja	Sunil Saluja, P/Adh, 03049-L	VII	D(P&B)	Kabbadi(State & National)	19 Apr 18 to 21 Apr 18	Pitampura, New Delhi	1st (State)
shashwat Mishra	Sunil Kumar Mishara, U/Adh	VII	D'Pers	Hindi Kavyapath	27 Jul 18	INS Dronacharya	First
Vanshika	Dy Comdt Harikesh Kumar	X	D(FM)	800m Race(Regional Sports meet 2018-19)	23-25 Apr 18	KV CME Pune	3 rd
RHQ(NW)							
Nandini Dhangar	Krishna Gopal, Adh, 04359-M	VIII/KV Porbandar	DHQ-1	National Karate Championship-18	25 Nov 18	Saasan (Gir)	Gold
Lakshyata Dhangar	Krishna Gopal, Adh, 04359-M	IV/KV Porbandar	DHQ-1	District Karate Championship-18	22 Jul 18	PBD	First
RHQ(E)							
U Krishna	UB Rao, U/Adh	IX/KV Anna Nagar, Chennai	ICGAS Chennai	Short - put/ Regional Sports Meet 2019	16 Apr 18 to 18 Apr 18	KVS Chennai	First
Aparna Kishore	NU Hari Kishore, USE(ER)	VIII/KV Anna Nagar	CGRH(E)	On the Spot Painting Competition	01 Sep 18	KV Anna Nagar	Third
RHQ(W)							
Harsh Singh	Vk Singh, U/ Adh,03477-H	IX/KV INS Dronacharya	ICGS Sarathi	Kabaddi	10 Apr 18	Keltron Nagar	1 st Position
Shashwat Pant	Comdt Sumit Pant, TM,0459-Q Western India Wado-Kai Karate-Do Championship 2019	All India Wadokai Karate-Do Association	ICGS Samarth Western India Karate Championship	All India Karate Championship	30 Dec 18	Gandhinagar	1st
				10 Feb 19	Vadodara	Third	
Ujjawal Bhatia	S Chand, P/Nvk (WRT), 00993-M	(SGFI)64 th National School Games 2018-19	ICGS Goa	Rope Skipping Boys U19	03 Jan 19	NCT Delhi	1st





Anirudh Rajesh Warriar
S/o DIG P Rajesh



Sandhyarani
D/o Blranchi Hasda



Blrash Chandra Patra



Laxmi Priya Singh



Ranjeeti Devi
W/o Lakshman Kumar



Shahil Yadav
S/o SK Yadav



MRS PUSHPA LAKHKAR
28 JUN 1990 TO 31 AUG 1992



MRS KUMUD KOHLI
06 OCT 1992 TO 03 JAN 1995



MRS JASMINE JOHNSON
10 JUL 1987 TO 27 JUN 1990



MRS SALGA JACOB
04 JAN 1995 TO 18 NOV 1996



MRS RAGINI CHOPRA
01 DEC 08 TO 29 OCT 11



MRS GURBINDER KHURANA
15 FEB 1985 TO 30 JUN 1987



MRS JAYASREE MURALIDHARAN
01 NOV 11 TO 28 FEB 13



MRS THRITY R CONTRACTOR
01 SEP 06 TO 30 NOV 08



MRS INDIRA GANESH
19 NOV 1996 TO 05 MAR 1999



MRS KRISHNA JAIN
19 JUN 1984 TO 14 FEB 1985



MRS JAYANTHI NATARAJAN
01 JUL 19



MRS RACHNA THAPLIYAL
28 FEB 13 TO 31 JAN 15



MRS SUSHEELA PALERI
28 FEB 2006 TO 30 AUG 2006



MRS MEENA DE SILVA
05 MAR 1999 TO 06 MAR 2001



MRS ANNE MARY SCHUNKER
01 APR 1982 TO 31 MAR 1984



MRS BIMLA BISHT
31 JAN 15 TO 28 FEB 16



MRS ARUNA SINGH
20 AUG 2004 TO 24 FEB 2006



MRS KAMAL SINGH
07 MAR 2001 TO 29 SEP 2001



MRS SHAKUNTALA PRAKASH
01 APR 1980 TO 31 MAR 1982



MRS URMILA SINGH
29 FEB 16 TO 30 JUN 19



MRS MARIA TERESSA MEHTA
13 JAN 2003 TO 19 AUG 2004



MRS LALITHA KAMATH
19 AUG 1973 TO 31 MAR 1980



MRS RENU BANSAL
30 SEP 2001 TO 12 JAN 2003

25

GLORIOUS YEARS



Mrs Chianka Adkrisht
W/o Comat (JG) Adkrisht AL